

MENU – WEEK 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK *Served with Milk	- Hot Oatmeal - Apples	- Hard Boiled Eggs - Toast - Fresh Fruit	- Fruit Yogurt - Granola - Fresh Fruit	- Whole Wheat Apple Cinnamon Muffins - Fresh Fruit	- Whole Wheat Pancakes - Syrup - Fresh Fruit
INFANT DAILY SOUP	White Bean	Lemon Chicken Orzo	Lasagna Soup	Chicken Noodle	Beef Barley
LUNCH *Served with Milk & Water	- Sole Fish Burgers - Broccoli Salad - Fresh Fruit	- Lemon Chicken Orzo Soup - Egg Salad Sandwiches - Fresh Vegetables - Fresh Fruit	- Turkey Meatloaf - Village Greek Salad with Creamy Dressing - Strawberries	- Shredded Chicken Quesadilla - Garden Salad - Fresh Fruit	- Beef Pizza on Multigrain Thin Buns - Fresh Vegetables - Mixed Fruit Salad
PM SNACK *Served with Water	- Fruit Salsa - Cinnamon Wonton Chips	- Vegetable Tray - Triscuit Crackers	- Roasted Chickpeas - Cauliflower	- Zucchini Banana Loaf - Oranges	- Funky Monkey Energy Balls - Fresh Fruit

- Fresh Vegetables includes a variety of the following; Green Peppers, Cucumber, Carrots, Cherry Tomatoes, Broccoli, Cauliflower
- All Breads are Whole Wheat
- Homogenized Milk is served daily to Infants and Toddlers
- 2% Milk is served daily to Preschoolers

MENU – WEEK 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK *Served with Milk	- Bagels - Cream Cheese - Fresh Fruit	- French Toast Strips - Syrup - Fresh Fruit	- Cereal - Fresh Fruit	- Egg & Cheddar Breakfast Quesadilla - Salsa - Fresh Fruit	- Whole Wheat Cinnamon Rolls - Fresh Fruit
INFANT DAILY SOUP	Minestrone	Potato Leek	Chicken Rice	Tomato Basil	Hamburger
LUNCH *Served with Milk & Water	- Tuna Pasta Casserole - Peas & Carrots - Fresh Fruit	- Tofu Vegetable Stir-Fry with Garlic Ginger Sauce - Brown Rice - Apple Sauce	- Roasted Chicken Caesar Salad Wraps - Cucumber - Fresh Fruit	- Tomato Basil Soup - Grill Cheese Sandwiches - Fresh Vegetables - Melon	- Egg Muffin Cups with Shredded Potato, Beef & Spinach - Tomatoes - Fresh Fruit
PM SNACK *Served with Water	- Cheese - Whole Wheat Crackers - Fresh Fruit	- Soft Pretzel Bites - Guacamole	- Cold Vegetable Pizza	- Homemade Fig Newton Cookies - Fresh Fruit	- Frozen Greek Yogurt Bites - Fresh Fruit

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MENU – WEEK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK *Served with Milk	- Fruit Yogurt - Granola - Fresh Fruit	- Orange Cranberry Scones - Fresh Fruit	- Cinnamon Apple Hot Oatmeal - Blueberries	- Avocado Toast - Bananas	- Lemon Blueberry Muffins - Fresh Fruit
INFANT DAILY SOUP	Squash Sweet Potato	Broccoli	Vegetable Beef	Italian Wedding	Cream of Cauliflower
LUNCH *Served with Milk & Water	- Barbeque Cowboy Casserole with Sweet Potatoes - Fresh Vegetables - Fresh Fruit	- Broccoli Cheddar Quiche - Toast - Fresh Vegetables - Fresh Fruit	- Sloppy Joes on a Dinner Roll - Fresh Vegetables - Fresh Fruit	- Spaghetti with Mini Turkey Meatballs - Fresh Vegetables - Fresh Fruit	- Cream of Cauliflower Soup - Salmon Sandwiches - Fresh Vegetables - Fresh Fruit
PM SNACK *Served with Water	- Vegetable Tray - Triscuit Crackers	- Rice Cakes - Soy Butter - Fresh Fruit	- Apple Fritter Mini Bites - Fresh Fruit	- Spinach Dip - Baked Sweet Potato Chips	- Trail Mix - Fresh Fruit

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MENU – WEEK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK *Served with Milk	- Bagels - Cream Cheese - Fresh Fruit	- Whole Wheat Carrot Cake Pancakes - Syrup - Fresh Fruit	- Hard Boiled Eggs - Toast - Fresh Fruit	- Whole Wheat Raisin Bread - Soy butter - Fresh Fruit	- Cereal - Fresh Fruit
INFANT DAILY SOUP	Potato Corn Chowder	Carrot	Vegetarian Chili	Cream of Mushroom	Chicken Pot Pie
LUNCH *Served with Milk & Water	- Sheppard's Pie - Peas & Carrots - Fresh Fruit	- Tuna Melts - Green Beans - Applesauce	- Vegetarian Chili - Buns - Peppers - Fresh Fruit	- Cream of Mushroom Soup - Chicken Salad Sandwiches - Fresh Vegetables - Fresh Fruit	- Baked Chicken Tenders - Cucumber Salad - Fresh Fruit
PM SNACK *Served with Water	- Coconut Oat Bars - Fresh Fruit	- Hummus - Carrots - Melba Toast	- Apple Slice "Donuts" with Soy Butter & Granola	- Fruit Tray - Greek Yogurt Dip	- Whole Wheat Shortbread - Bananas

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