



## Menu Week 1

Meals subject to change without notice

Some items may be substituted for younger children. \*Indicates whole grain

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Toast & Jelly Fruit Milk	*Oatmeal Fruit Milk	Yogurt Fruit Milk	Mini *Bagel & Cream Cheese Fruit Milk	*Corn Flakes Fruit Milk
AM Snack	Yogurt Granola Water	Carrots & Cucumbers Hummus Water	Applesauce Graham Crackers Water	Chia Pudding Berries Water	Clementines *Cheerios Water
Lunch	*Rice Pilaf Beans Green Beans Pears Milk	Chicken Butternut *Mac & Cheese Peas Milk	Pulled Pork *Corn Bread Broccoli Oranges Milk	Chicken Patty *Whole Wheat Bun Carrots Pineapple Milk	Turkey Tacos Hard/*Soft Shell Cheese Lettuce, Tomato, Olives Milk
PM Snack	Soft Pretzels Melon Water	Apples Sunbutter Water	*Muffins Peaches Water	Tomato & Mozzarella Skewers Water	Boiled Egg Banana Water



## Menu Week 2

Meals subject to change without notice

Some items may be substituted for younger children. \*Indicates whole grain

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Oatmeal Fruit Milk	*Muffins Fruit Milk	*Toast & Jelly Fruit Milk	Yogurt Fruit Milk	*Cheerios Fruit Milk
AM Snack	Bananas *Cheerios Water	Apples Graham Crackers Water	Yogurt Mixed Berries Water	Cheese & *Crackers Water	Rice Cakes Sunbutter Water
Lunch	Scrambled Eggs *Pancakes Butternut Squash Melon Milk	Baked Chicken *Wild Rice Peas Peaches Milk	Pork Roast Herb *Quinoa Applesauce Beets Milk	Chicken & Sweet Potato Stew *Biscuits Pears Milk	Vegetarian Three Bean Chili *Dinner Roll Broccoli Milk
PM Snack	Bell Peppers Hummus Water	Cheese Grapes Water	Carrots & Cucumbers Dip *Crackers Water	Sunbutter & Banana *Sandwich Water	*English Muffin Pizza Water



## Menu Week 3

Meals subject to change without notice

Some items may be substituted for younger children. \*Indicates whole grain

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Oatmeal Fruit Milk	*French Toast Fruit Milk	Yogurt Fruit Milk	*English Muffins Fruit Milk	Assorted Cereals Fruit Milk
AM Snack	Cheese Cucumbers Water	Cottage Cheese Melon Water	100% Fruit Juice Jello Chex Cereal Water	Clementines Pretzel Sticks (soft pretzels for toddlers) Water	Applesauce Graham Crackers Water
Lunch	*Grilled Cheese Tomato Soup Grapes Milk	Lemon Chicken *Quinoa Asparagus Apples Milk	Swedish Meatballs *Rotini Mushrooms Carrots Milk	Chicken Fajitas *Flour Tortillas Peppers & Onions Peaches Milk	Italian Sausage Orzo Broccoli, Zucchini, Carrots Milk
PM Snack	Banana *Cheerios Water	Baked Pears Granola Water	Hummus & Veggie *Roll- Ups Water	Boiled Egg *Crackers Water	Chickpea Cookies Juice



## Menu Week 4

Meals subject to change without notice

Some items may be substituted for younger children. \* Indicates Whole Grain

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Mini Bagels & Sunbutter Fruit Milk	Scrambled Eggs Fruit Milk	*Oatmeal Fruit Milk	*Waffles Fruit Milk	Chex Cereal Fruit Milk
AM Snack	Pears Chex Cereal Water	Applesauce Graham Crackers Water	Tomatoes Cheese Stick Water	Yogurt Granola Water	*Fig Newton's Juice
Lunch	Chickpea Nuggets *Pita Green Beans Melon Milk	Sticky Mango Chicken *Quinoa Spinach & Mango Salad Milk	Turkey Burger *Wheat Bun Carrot Fries Apples Milk	Chicken Butternut Squash Soup *Dinner Roll Peaches Milk	Cheese *Pizza Peas Clementines Milk
PM Snack	Carrots & Cucumbers Dip *Crackers Water	Granola Bars Oranges Water	Rice Cakes Sunbutter Water	*Muffins Bananas Water	Hummus & Veggie *Sandwich Water



## Menu Week 5

Meals subject to change without notice

Some items may be substituted for younger children. \* Indicates Whole Grain

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Muffins Fruit Milk	*Toast & Jelly Fruit Milk	*Oatmeal Fruit Milk	Yogurt Fruit Milk	Life Cereal Fruit Milk
AM Snack	Applesauce Granola Water	Yogurt Pears Water	Pineapple *Cheerios Water	Mini *Bagels Sunbutter Water	*Goldfish Juice
Lunch	Black bean Veggie Burger *Wheat Bun Sweet Potato Fries Melon Milk	Curry Chicken Apples & Raisins *Brown Rice Mixed Veggies Milk	Salmon Cakes Couscous Cauliflower Oranges Milk	Chicken, Broccoli, *Ziti Alfredo Peaches Milk	Bow Tie Pasta Ham, Peas & Mushrooms Milk
PM Snack	Boiled Egg Banana Water	Carrots & Cucumbers Hummus Water	Cheese Stick Apples Water	Bell Peppers Dip *Crackers Water	Black bean Brownies Clementines Water

