

Snack and Lunch Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Snack	Bagel and Juice	Oatmeal and Milk	Seasonal Fruit and Milk	Biscuit and Juice	Cereal and Milk
	Lunch	Beans and Rice Carrots, Peaches	Turkey Pita Corn, Pineapple	Chicken Nuggets, Bread Potatoes, Applesauce	Beef Tacos Salad, Oranges	Beefaroni Mixed Fruit, Mixed Veg
	Snack	Chips and Salsa	Graham Crackers, Juice	Fruit Bars	Animal Crackers, Juice	Crackers and Cheese
WEEK 2	Snack	French Toast and Milk	Yogurt and Juice	Cheese Toast	Cereal and Milk	Pancake and Juice
	Lunch	Meatball Sandwich Corn, Orange	Chicken & Rice Peas, Peaches	Deli Wrap Sandwich Broccoli, Applesauce	Beef Stroganoff Green Beans, Pineapple	Cheese Quesadilla Mixed Fruit, Mixed Veg
	Snack	S'mores Trail Mix, Juice	Vanilla Wafers, Juice	Oatmeal Cookie, Juice	Goldfish Crackers, Juice	Fresh Fruit, Crackers
WEEK 3	Snack	Cereal and Milk	Cinnamon Toast, Juice	Biscuit and Milk	Bagel and Juice	Oatmeal and Milk
	Lunch	Mac & Cheese Peas, Oranges	Grilled Cheese Tomato Soup, Pineapple	Meatballs & Rice Carrots, Peaches	Chicken Nuggets, Bread Potatoes, Applesauce	Deli Sandwich Mixed Fruit, Mixed Veg
	Snack	Graham Crackers, Juice	Chips and Salsa	Animal Crackers, Juice	Cheese-Its, Juice	Crackers and Cheese
WEEK 4	Snack	Yogurt and Juice	Pancake and Juice	Cereal and Milk	Cheese Toast	Waffle Sticks and Juice
	Lunch	Chicken & Rice Broccoli, Pineapple	Quesadilla Green Beans, Applesauce	Sloppy Joe on Roll Corn, Peaches	Spaghetti w/ Meat Sauce Peas, Oranges	Hamburger, Bun Mixed Fruit, Mixed Veg
	Snack	Oatmeal Cookie, Juice	Goldfish Crackers, Juice	Fruit Bars	Vanilla Wafers, Juice	Fresh Fruit, Crackers

Lunches are served with low-fat milk, except toddlers who drink whole milk. All fruit juice is 100% juice without added sugar or color. Snacks are served with water unless otherwise noted. Examples of our fortified grain cereals are cheerios, corn flakes, rice krispies, chex, etc.

2-Jan	1	6-Mar	2	8-May	3	10-Jul	4	11-Sep	1	13-Nov	2
9-Jan	2	13-Mar	3	15-May	4	17-Jul	1	18-Sep	2	20-Nov	3
16-Jan	3	20-Mar	4	22-May	1	24-Jul	2	25-Sep	3	27-Nov	4
23-Jan	4	27-Mar	1	29-May	2	31-Jul	3	2-Oct	4	4-Dec	1
30-Jan	1	3-Apr	2	5-Jun	3	7-Aug	4	9-Oct	1	11-Dec	2
6-Feb	2	10-Apr	3	12-Jun	4	14-Aug	1	16-Oct	2	18-Dec	3
13-Feb	3	17-Apr	4	19-Jun	1	21-Aug	2	23-Oct	3	25-Dec	4
20-Feb	4	24-Apr	1	26-Jun	2	28-Aug	3	30-Oct	4		
27-Feb	1	1-May	2	3-Jul	3	4-Sep	4	6-Nov	1		

