

# Snack and Lunch Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	Snack	Cinnamon Toast and Milk	Biscuit and Milk	Oatmeal with Fruit	Pancakes and Milk	Cereal and Milk
	Lunch	Beans and Rice Corn, Peaches	Turkey Pita Broccoli, Applesauce	Sweet/Sour Chicken Crackers, Peas, Oranges	Beef Tacos Salad, Pineapple	Baked Beefy Pasta Mixed Fruit, Mixed Veg
	Snack	Vanilla Wafers, Juice	Trail Mix, Juice	Animal Crackers, Juice	Chips & Salsa	Crackers & Cheese
<b>WEEK 2</b>	Snack	French Toast and Milk	Cereal and Milk	Cheese Toast	Yogurt and Cheerios	Bagel with Cream Cheese
	Lunch	Mac & Cheese Peas, Pineapple	Salisbury Steak Potatoes, Oranges	Chicken Casserole Broccoli, Applesauce	Grilled Cheese Tomato Soup, Peaches	Beef Teriyaki, Crackers Mixed Fruit, Mixed Veg
	Snack	Goldfish Crackers, Juice	Oatmeal Cookie, Juice	Graham Crackers, Juice	Cheez-Its, Juice	Seasonal Fruit, Crackers
<b>WEEK 3</b>	Snack	Cereal and Milk	Pancake and Milk	Cheese Biscuit	Cereal and Milk	Waffles and Milk
	Lunch	Meatballs & Rice Green Beans, Applesauce	Deli Sandwich Corn, Pineapple	Beef Stroganoff Green Beans, Oranges	Baked Chicken Nuggets Crackers, Carrots, Peach	Meatball Sandwich Mixed Fruit, Mixed Veg
	Snack	Trail Mix, Juice	Animal Crackers, Juice	Chips & Salsa	Vanilla Wafers, Juice	Crackers & Cheese
<b>WEEK 4</b>	Snack	Bagel with Cream Cheese	Cheese Toast	Yogurt and Cheerios	Waffles and Milk	Cereal and Milk
	Lunch	Sloppy Joe, Bun Green Beans, Oranges	Spaghetti and Meat Sauce Peas, Applesauce	Cheese Quesadilla Carrots, Peaches	Chicken & Rice Corn, Pineapple	Hamburger, Bun Mixed Fruit, Mixed Veg
	Snack	Oatmeal Cookie, Juice	Goldfish Crackers, Juice	Fruit Bar	Graham Crackers, Juice	Seasonal Fruit, Crackers

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

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

