

# What's On the Menu?

Early morning snack is served from 6:00 a.m. - 7:30 a.m.

Week 3			
	Breakfast	Lunch	PM Snack
Monday	Cinnamon Toast Fruit Milk	Spaghetti w/ Meatballs Breadsticks Fruit Milk	Animal Crackers Water
Tuesday	French Toast Fruit Milk	Teriyaki Meatballs Rice Fruit Milk	Cheese and Crackers Water
Wednesday	Biscuit Turkey Sausage Milk	Chicken Nuggets Mixed Vegetables Fruit Milk	Chat Snacks Water
Thursday	Bagels w/ Cream Cheese Fruit Milk	Cheese Tortellini Broccoli Fruit Milk	Cheese Itz Water
Friday	Waffles Fruit Milk	Turkey Sausage Pizza Corn Fruit Milk	Whole Wheat Goldfish Water

All meals are baked, not fried

Proteins include chicken, turkey and cheese

Milk is served at breakfast and lunch (*whole milk for children 12 – 24-month*)

Water is available through the day and offered with each meal

Vegetarian meal options available

Fresh fruits served when possible