



ABC Menu 2022-2023

	Week A	Week B	Week C
Monday	<u>AM Snack</u> Cereal and Milk <u>Lunch</u> Beef and Bean Burrito Carrots Applesauce <u>PM Snack</u> Cheese Nips	<u>AM Snack</u> Pancakes/Peaches <u>Lunch</u> Salad/with Cheese and Chicken Toppings w/ Ranch <u>Pm Snack</u> Strawberry Chex Mix	<u>AM Snack</u> Yogurt and Graham Crackers <u>Lunch</u> Popcorn Chicken Carrots Pears <u>PM Snack</u> Baked Cheetos
Tuesday	<u>AM Snack</u> English Muffin with Jelly <u>Lunch</u> Pita Taco Corn Peaches <u>PM Snack</u> Baked BBQ Chips	<u>AM Snack</u> Mini Maple Waffles <u>Lunch</u> Chicken Sandwiches Carrots Pineapples <u>PM Snack</u> Yogurt	<u>AM Snack</u> Biscuit with Cheese and Egg <u>Lunch</u> BBQ Sandwiches Corn Applesauce <u>PM Snack</u> Graham Crackers
Wednesday	<u>AM Snack</u> Blueberry Muffins & Turkey Sausage Links <u>Lunch</u> Cheese Quesadilla Green beans Pineapples <u>PM Snack</u> Graham Crackers	<u>AM Snack</u> Biscuit and Sausage Patty <u>Lunch</u> Cheese Stuffed Breadstick With Marinara Peas Applesauce <u>PM Snack</u> Graham Cracker	<u>AM Snack</u> Cereal and Milk <u>Lunch</u> Chicken and Biscuit Peas Pineapples <u>PM Snack</u> Cheddar Chex Mix
Thursday	<u>AM Snack</u> Fruit Cereal Bar <u>Lunch</u> Steak Fingers Peas Pears <u>PM Snack</u> Ritz Bits Crackers	<u>AM Snack</u> Fruit Cereal Bar <u>Lunch</u> Chicken Nuggets Green Beans Peaches <u>PM Snack</u> Goldfish Crackers	<u>AM Snack</u> Fruit Cereal Bar <u>Lunch</u> Fish Sticks Green Beans Peaches <u>PM Snack</u> Cheese and Crackers
Friday	<u>AM Snack</u> Biscuit and Jelly <u>Lunch</u> Chicken and Cheese Fajita Wrap Mixed Veggie Mixed Fruit <u>PM Snack</u> Snack Bar Double Chocolate Oatmeal Bar	<u>AM Snack</u> Cereal and Milk <u>Lunch</u> Turkey Cheese Sandwich Mixed Veggie Mixed Fruit <u>PM Snack</u> Chocolate Chip Cookie	<u>AM Snack</u> French Toast Sticks <u>Lunch</u> Cheeseburger Mixed Veggie Mixed Fruit <u>PM Snack</u> Manager's Choice

Cereal & Milk is served from 6:30am – 7:30am

Cow's Milk (Whole Milk for 12mo-24mo & 1% Milk for 24mo-12yrs) provided at AM Snack & Lunch. Water is provided at all meals and is available upon request. Water is also the drink for PM Snack. 100% Apple Juice is provided at AM/PM snack periodically.

Solid foods and fruit juice may not be served to children under 6mo. without a written doctor's recommendation.

Menu Changes or Manager's Choice are posted on the designated hallway bulletin board daily. Substitutions may occur daily, as needed.

Parents must provide health care allergy plan, signed by physician, for any food allergies and provide their own substitutions.