

Week A Menu



Week of: July 8th- 12th

Weekday	AM Snack	Lunch	PM Snack	Vegetarian adjustment	Infants
Monday	Multi-grain Bagel with Low-Fat Cream Cheese	Turkey and Cheese Sandwich, Broccoli, Apple Slices	Orange slices and Pretzel Thins	Grilled Cheese	Applesauce
Tuesday	Whole wheat waffles with syrup and blue berries	Chicken and Cheese soft tacos, Black Beans and Whole Kernel Corn	Flat Bread or Crackers with Sun Butter	Replace Chicken with Veggie crumbles	No adjustment
Wednesday	Blueberry Muffin with Banana	Chicken nuggets, Spanish rice, Peas, and diced melon	Yogurt and Honey Graham Squares	Replace Chicken with Veggie nuggets	No adjustment
Thursday	Cheerios Cereal with Sliced Oranges	Macaroni with meat sauce, Chopped Garden salad (lettuce, tomato, shredded carrot) with dressing, fresh fruit	Whole wheat crackers with mild Cheddar cheese	Omit meat	Saltine Crackers
Friday	Multi-grain English Muffin with 100% Fruit Spread	Cheese Pizza, , Green Beans, Orange slices	Mixed Fresh Fruit with Whole Wheat Gold Fish	Replace Fish sticks with Veggie nuggets	No adjustment

Week B Menu



Week of: July 15th- 19th

Weekday	AM Snack	Lunch	PM Snack	Vegetarian adjustment	Infants
Monday	Whole wheat toast with 100% Fruit Spread	Teriyaki Chicken with Broccoli and Rice with Pineapple	Cheese Sticks with Whole Wheat Crackers	Replace Chicken with Veggie Crumbles	Saltines
Tuesday	Vanilla Yogurt and Apple Slices	Turkey and Cheese Wraps, Cucumber slices with Ranch, Pretzel Thins	Bread sticks with Marinara Sauce	Sun Butter and Jely wrap	No adjustment
Wednesday	Cheerios Cereal and Milk	Cheeseburgers, Tater Tots and Chopped Garden Salad	Graham Crackers with Orange Slices	Use Veggie patty instead of Beef	No adjustment
Thursday	Biscuit with Turkey Sausage	Macaroni and Cheese with diced Chicken, Green Beans and Mandarin Oranges	Pinwheels: Tortilla, whipped cream cheese and 100% fruit spread.	Replace Sausage with Sun Butter, omit Chicken	No adjustment
Friday	Cinnamon Toast with Banana	Taco Bowl: Spanish Rice, Diced chicken, Corn, Diced Tomato, Shredded Cheese with Apple Slices	Vanilla Wafers and Pudding	omit chicken	No adjustment

Week C Menu

Week of: July 22nd-26th



Weekday	AM Snack	Lunch	PM Snack	Vegetarian adjustment	Infants
Monday	Whole Grain Bagel with Cream Cheese	Chicken Nuggets, Mashed Potatoes, Orange Slices	Pretzel Thins with Sun Butter	Replace Fish sticks with Veggie nuggets	Cheese and crackers
Tuesday	Cheerios with Milk and Bananas	Cheese Pizza, Broccoli, Applesauce	Yogurt and Vanilla Wafers	No adjustment	No adjustment
Wednesday	Whole Wheat Cheese Toast, Mellon	Spaghetti and meatballs, Salad, Bread Sticks	Cucumber and Carrots with Ranch Dip	Replace Turkey Sausage with Veggie Sausage	Softened carrots
Thursday	Pancakes with Applesauce	Chicken Pasta Bake (chicken, macaroni, marinara sauce, shredded cheese) and chopped salad (lettuce, tomato, shredded carrot, dressing)	Wheat Crackers with Orange Slices	Omit chicken	Saltines
Friday	French Toast Sticks with Blue Berries	Chicken Quesadilla, Black Beans and Pineapple	Cheese and Crackers	Omit chicken	No adjustment

Unflavored Whole Milk & Water will be served to children 12-24 months old.

Unflavored 1% Milk & Water will be served to children 2-12 years old.

Menus are subject to change

Week D Menu



Week of: July 29th-Aug 2nd

Weekday	AM Snack	Lunch	PM Snack	Vegetarian adjustment	Infants
Monday	Whole Grain English Muffin with Sun Butter	Teriyaki Chicken, Broccoli with Rice, Pineapple	Pinwheels: Tortilla, whipped cream cheese, 100% Fruit Spread	Replace Chicken with Veggie Crumbles	No adjustment
Tuesday	Turkey Sausage and Biscuit	Cheeseburger Pasta Bake, Green Beans, Mandarin Oranges	Bread sticks with Marinara	Replace Meat with Veggie Crumbles	No adjustment
Wednesday	Yogurt and Fruit	Chicken Soft Tacos, Pinto Beans, Apple Slices	Whole Wheat Crackers with Mild Cheddar Cheese	Replace Chicken with Veggie Crumbles	Saltines
Thursday	Blueberry Muffins with Bananas	Barbeque Chicken Sandwich, Pickles, Baked Beans, Orange Slices	Pudding with Nilla Wafers	Replace Chicken with Veggie Patty	No adjustment
Friday	Biscuits with Fresh Fruit	Chicken Alfredo, Green Beans, Diced Melon	Veggie Straws with String Cheese	No adjustment	No adjustment