

Menu

Week One

Monday

AM Snack

French Toast Sticks & Applesauce

PM Snack

100 Calorie Choc. Chip Cookies

Lunch

Chicken Pot Pie with

Mixed Veggies

Mandarin Oranges

Tuesday

AM Snack

Bagel & Cream Cheese

PM Snack

Granola Bar

Lunch

Soft Tacos with

Beans and Corn

Pineapple

Wednesday

AM Snack

Cinnamon Toast & Mandarin Oranges

PM Snack

Vanilla Pudding

Lunch

Turkey and Rice Casserole

Steamed Green Beans

Peaches

Thursday

AM Snack

Whole Grain Cereal / Bananas

PM Snack

Goldfish & Applesauce

Lunch

Chicken Alfredo

Broccoli

Mixed Fruit

Friday

AM Snack

Fresh Bananas & Vanilla Yogurt

PM Snack

Cheese and Crackers

Lunch

Cheese Pizza

Steamed Green Beans

Tropical Fruit

Water and milk are provided with all AM snacks and lunch. Vitamin C juice or water is provided with all PM snacks.

Breakfast includes whole grain cereal and milk. Substitutions will be made as necessary.

Substitutions are posted on the Menu bulletin board.

Menu

Week Two

Monday

AM Snack

Pancakes w/syrup & Peaches

PM Snack

Cheez-its

Lunch

Turkey and Cheese Roll-Up

Tater Tots

Cinnamon Applesauce

Tuesday

AM Snack

Blueberry Muffins

PM Snack

Fresh Apple Slices & Cheese

Lunch

Spaghetti and Meatsauce

Fresh Peas and Carrots

Mixed Fruit

Wednesday

AM Snack

English Muffins and Eggs

PM Snack

Cottage Cheese & Pineapple

Lunch

Grilled Cheese Sandwich

Chicken Noodle Soup

Mandarin Oranges

Thursday

AM Snack

Cheerios and Raisins

PM Snack

Vanilla Yogurt and Graham Crackers

Lunch

Cheesy Chicken and Rice with

Broccoli Casserole

Pineapple

Friday

AM Snack

Cinnamon Sugar Oatmeal

PM Snack

Goldfish & Sliced Cheese

Lunch

Hamburgers

Tater Tots

Mixed Fruit

Water and milk are provided with all AM snacks and lunch. Vitamin C juice or water is provided with all PM snacks.

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Menu

Week Three

Monday

AM Snack

Egg and Buttermilk Biscuit

PM Snack

Teddy Grahams and String Cheese

Lunch

Beef Steak Fingers

Creamy Mashed Potatoes

Pineapple

Tuesday

AM Snack

Toast & Jelly w/Oranges

PM Snack

Flavored Yogurt

Lunch

Chicken and Cheese Quesadilla

Buttered Carrots

Applesauce

Wednesday

AM Snack

Blueberry Muffin

PM Snack

Cheese and Crackers

Lunch

Beef and Bean Burritos

Corn

Peaches

Thursday

AM Snack

Whole Grain Cereal and Fresh Fruit

PM Snack

Granola Bar

Lunch

Chicken Pasta Salad

Mixed Fruit

Friday

AM Snack

Oatmeal

PM Snack

Vanilla Pudding

Lunch

Breaded Fish Sticks

Peas

Mandarin Oranges

Water and milk are provided with all AM snacks and lunch. Vitamin C juice or water is provided with all PM snacks.

Breakfast includes whole grain cereal and milk. Substitutions will be made as necessary.

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Menu

Week Four

Monday

AM Snack

Sausage and Biscuits

PM Snack

String Cheese & Pretzels

Lunch

Cheeseburger Mac

Peas and Carrots

Mandarin Oranges

Tuesday

AM Snack

Cinnamon Roll & Apple Slices

PM Snack

Graham Crackers & Oranges

Lunch

Baked Beef Ravioli

Steamed Green Beans

Applesauce

Wednesday

AM Snack

Flavored Yogurt & Bananas

PM Snack

Pretzels & Sliced Cheese

Lunch

Chicken Nuggets

Steamed Corn

Peaches

Thursday

AM Snack

Whole Grain Breakfast Bar

PM Snack

Cheez-its

Lunch

Mini Turkey and Cheese

Broccoli and Cheese

Mixed Fruit

Friday

AM Snack

Cheese Toast & Pears

PM Snack

Carrots and Ranch

Ritz Crackers for younger rooms

Lunch

Grilled Chicken Sandwiches

Corn

Tropical Fruit

Water and milk are provided with all AM snacks and lunch. Vitamin C juice or water is provided with all PM snacks.

Breakfast includes whole grain cereal and milk. Substitutions will be made as necessary.

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