



What's On the Menu?

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

Week 1			
	Breakfast	Lunch	PM Snack
Monday	Oatmeal Strawberries Milk	Chicken Nuggets Mashed Potatoes Peas and Carrots Pineapples Milk	Cheese Its Water
Tuesday	Apple Cinnamon Muffins Pineapple Milk	Chicken Alfredo Green Beans Fresh Fruit Milk	Graham Crackers Water
Wednesday	Pancakes Pears Milk	Spaghetti w/ Meatballs Peaches Milk	Whole Grain Goldfish Water
Thursday	Cinnamon Rolls Banana Milk	Teriyaki Chicken w/Rice Oranges Broccoli Milk	Cucumbers/Carrots Sticks w/ Ranch Water
Friday	Biscuit Turkey Sausage Milk	Grilled Cheese Sweet Tots Bananas Milk	String Cheese Crackers 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