

CENTERED ON CHILDREN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
A.M. SNACK	Cereal with Milk	Cereal with Milk	Cereal with Milk	Cereal with Milk	Cereal with Milk
7:00am -8:30am served w/ milk	Toast/Fresh Fruit	Toast/Fresh Fruit	Toast/Fresh Fruit	Toast/ Fresh Fruit	Toast/ Fresh Fruit
	Potato & Squash Soup	Diced Chicken&Cheese	Cheese and Lentil	Wagon Wheel Pasta	Chicken Souvlaki
LUNCH	Mozzarella Melt Crostini	Quesadilla	Rice Bake with Sauce	with Ricotta	On a Pita
served w/ milk	Sliced Peppers	Couscous Salad with Cucumbers	Mixed California Vegetables	Steamed Broccoli Kidney Bean Salad	Basmati Rice Mixed Vegetables
P.M. SNACK	Whole Grain Waffles	Mini Whole Grain	Honey wheat Pretzels	Diced Peaches	Apple Slices with Cinnamon
served w/ water	Orange Wedges	Muffins & Pears	Orange wedges	Digestive Cookies	Yogurt Drink

WEEK 2					
A.M. SNACK	Cereal with Milk	Cereal with Milk	Cereal with Milk	Cereal with Milk	Cereal with Milk
7:00am-8:30am served w/ milk	Toast/ Fresh Fruit	Toast/ Fresh Fruit	Toast/Fresh Fruit	Toast/Fresh Fruit	Toast/Fresh Fruit
	Egg Drop Soup	Turkey Sausage	Grilled Cheese	Ennie Meenie Fettuccini	Homemade Vegetarian Lasagna
	with Noodles	Pancakes	Tomato Soup	with Diced Chicken	with Tofu
LUNCH	Melba Toast	Green Bean Salad		Peas	Salad
served w/ milk	Sliced Cucumbers				INFS: Boiled Carrots
	Vanilla Yogurt	Wheat thins Crackers	Pita Chips & Hummus	Veggie Straws	Lemon Loaf
P.M. SNACK	Bananas	w/ Mozzarella Cubes	Apples	Orange Wedges	Seasonal Fruit
served w/ water		Seasonal Fruit			

WEEK 3					
A.M. SNACK	Cereal with Milk	Cereal with Milk	Cereal with Milk	Cereal with Milk	Cereal with Milk
7:00am-8:30am served w/ milk	Toast / Fresh Fruit	Toast/ Fresh Fruit	Toast/ Fresh Fruit	Toast/Fresh Fruit	Toast/ Fresh Fruit
	Meatball Sub	Fish Fillet	Roasted Chicken Legs	Pasta Bolognese	Homemade Chicken
	on W.W. Dinner Roll	Potato& Pea Salad	Basmati Rice	(Turkey Meat Sauce)	Vegetable Soup
LUNCH	Salad with Diced	Melba Toast	Steamed Corn	Baked Cauliflower & Cheese	with Star Pasta
served w/ milk	Cucumbers		INFS- Pastina		Bread Sticks
P.M SNACK	Apple Sauce & Graham	Diced Cheddar Cheese	Cucumber Poppers/Fruit	Baked Cheese Rolls	Apple Cinnamon Bar
served w/ water	Crackers	Apples/Saltine Crackers	Sweet Potato Crackers	Pears	Seasonal Fruit

WEEK 4					
A.M. SNACK	Cereal With Milk	Cereal with Milk	Cereal With Milk	Cereal With Milk	Cereal With Milk
7:00am-8:30am served w/ milk	Toast/Fresh Fruit	Toast/Fresh Fruit	Toast/Fresh Fruit	Toast/Fresh Fruit	Toast/Fresh Fruit
	Baked Chicken Tenders	Chicken Stir-Fry	Turkey & Bean	Tofu Mac&Cheese	Pizza Bagel
	Seasoned Potato Wedges	w/ Rice and	Chili	with Diced Squash	with Shredded Tofu
LUNCH	Peas	Mixed Vegetables	Whole Wheat Dinner Roll	Green salad	Golden Carrot Soup
served w/ milk	INFS- Pastina		Corn Niblettes		
PM SNACK	Apple Sauce	Cucumber Poppers	Diced Peaches	Veggie Straws	Whole Grain Fish Crackers
served w/ water	Graham Cracker	& Hummus	Digestive Biscuit	Seasonal Fruit	Apples
		Seasonal Fruit			

*<u>Breakfast is served 7:00am-8:30am</u> *Waffles, French toast, tea biscuits, english muffins & yogurt may also be used for breakfast selection					
* Fruit may be apples,pears,orange,banana or melon *5:15 Snack May Be Seasonal Fruit/Crackers* Water is available throughout the day					