Weekly Snack & Lunch Menu

Nov. 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
			Preschool		
	Holiday No	Cheerios &	Cinnamon	Hummus &	Cooking
	School	Pears	Greek Yogurt	Celery Sticks	Waffles & Milk
AM Snack			Dip & Apples		
			Infant & Toddlers		
	Holiday No	Cheerios &	Cinnamon Greek	Hummus &	
	School	Pears	Yogurt Dip &	Broccoli	Waffles & Milk
			Apples		
	Holiday No	Cucumber and	Spaghetti with	Chicken,	Creamy Tomato
Lunch	School	Cream Cheese	Meat Sauce &	Veggies and	Chicken,
		Sandwich,	Peas, Fruit	Rice Soup,	Vegetable &
		Apples & Milk	& Milk	Oranges & Milk	Penne Pasta
					Casserole, Pears
					& Milk
			Preschool		
	Holiday No	Fruit & Pita	Oranges &	Yogurt & Melon	Pretzels
	School	Bread	Multi-Grain	-	& Bananas
PM Snack			Rice Crackers		
		I	Infant & Toddlers		
	Holiday No	Fruit & Pita	Oranges &	Yogurt & Melon	Graham
	School	Bread	Multi-Grain	-	Crackers
			Wheat Crackers		& Bananas

Nov. 18-22	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Graham		
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &		
AM Snack				& Milk	Bananas		
	Infant & Toddlers						
	Whole Grain	Cube Cheese &	English Muffin		Graham		
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &		
				& Milk	Bananas		
	Grilled Cheese	Chicken, Penne	Vegetable, Beef	Broccoli with	Chicken Stir Fry		
Lunch	Sandwich with	Pasta and	& Rice/Quinoa	Beef & Quinoa	Vegetables with		
	Spinach,	Vegetables	Soup,	& Brown Rice,	Quinoa &		
	Apples & Milk	Casserole,	Fruit & Milk	Melon	Brown Rice,		
		Oranges & Milk		& Milk	Pears & Milk		
			Preschool				
	Chex Cereal &	Graham	Apples &	Berries, Banana	Hummus &		
	100% Grape	Crackers &	Pretzels	and Milk	Carrots		
PM Snack	Juice	Pears		Smoothie			
				w/Oats			
	Infant & Toddlers						
	Chex Cereal &	Graham	Apples & Cereal	Berries, Banana	Hummus &		
	Cottage Cheese	Crackers &		and Milk	Carrots		
		Cottage Cheese		Smoothie			
				w/Oats			

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily <u>Menu Subject to Change</u>

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Weekly Snack & Lunch Menu

Nov.25-29	Monday	Tuesday	Wednesday	Thursday	Friday	
		· ·	Preschool	e)	· ·	
	Graham	Cooking	Cucumber Slices	Holiday No	Holiday No	
	Crackers	Pancakes &	&	School	School	
AM Snack	& Apples	Milk	Hummus			
			Infant & Toddlers			
	Graham		Cucumber Slices	Holiday No	Holiday No	
	Crackers	Waffles & Milk	&	School	School	
	&		Hummus			
	Apples					
	Chicken	Quesadillas with	Chicken Quinoa	Holiday No	Holiday No	
Lunch	Nuggets, Slice	Spinach,	& Veggie Soup,	School	School	
	of Wheat Bread,	Apples & Milk	Fruit			
	Sautéed		& Milk			
	Broccoli,					
	Oranges & Milk					
		1	Preschool		1	
	Kix Cereal	Cube Cheese &	Wheat English	Holiday No	Holiday No	
	& Fruit	Pretzels	Muffin	School	School	
PM Snack			& Apples			
	Infant & Toddlers					
	Kix Cereal	Cube Cheese &	Wheat English	Holiday No	Holiday No	
	&	Whole Grain	Muffin	School	School	
	Fruit	Cracker	& Apples			

December 2-6	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Multi-Grain	Hummus &	Cooking	Cheese Cubes &	Graham	
	Cheerios	Carrots	Quesadilla	Apples	Crackers & Milk	
AM Snack	& 100% Juice					
	Infant & Toddlers					
	Multi-Grain	Hummus &		Cheese Cubes &	Graham	
	Cheerios	Carrots	Quesadilla	Apples	Crackers	
	&				& Milk	
	100% Juice					
	Lentil Soup with	Baked Chicken,	Ground Beef	Vegetable, Beef	Mac & Cheese,	
	Carrots, Tortilla,	Mashed	with Broccoli &	and Rice/Quinoa	Peas & Carrots,	
Lunch	Pears & Milk	Potatoes, Green	Quinoa &	Soup, Oranges	Melon & Milk	
		Beans, Fruit &	Brown Rice,	& Milk		
		Milk	Apples & Milk			
			Preschool			
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English	
	&	With Cream	Crackers	Bananas	Muffin	
PM Snack	Cube Cheese	Cheese	&		&	
			Oranges		Pears	
	Infant & Toddlers					
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English	
	&	With Cream	Crackers	Bananas	Muffin	
	Cube Cheese	Cheese	&		&	
			Oranges		Pears	

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Weekly Snack & Lunch Menu

December 9-13	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Chex Cereal &	Hummus & Pita	Herb Greek	Milk & Kix	Cooking		
	Apples	Bread	Yogurt Dip &	Cereal	Tortilla with		
AM Snack			Carrots		Butter & Milk		
			Infant & Toddlers		Tortilla with Butter & Milk Tortilla with Butter & Milk Chicken, Vegetables and , Quinoa &		
	Chex Cereal &	Hummus & Pita	Herb Greek	Milk & Kix	Tortilla with		
	Apples	Bread	Yogurt Dip &	Cereal	Butter & Milk		
			Carrots				
	Turkey &	Baked Chicken,	"Chili Con	Pizza,	Chicken,		
	Spinach Grilled	Brown Rice with	Carne" Broccoli,	Salad with	Vegetables and		
Lunch	Cheese	Peas, Fruit &	Apples & Milk	Yogurt Dressing,	Quinoa &		
	Sandwich, Pears	Milk		Oranges & Milk	Brown Rice		
	& Milk				Casserole		
					Melon & Milk		
	Preschool						
	Whole Grain	Cube Cheese &	Oranges &	Graham	Pretzels &		
	Cracker & 100%	Pears	Multi-Grain	Crackers	Bananas		
PM Snack	Pineapple Juice		Cheerios	& Fruit			
			Infant & Toddlers				
	Whole Grain	Cottage Cheese	Oranges &	Graham	Cheerios &		
	Cracker &	& Pears	Multi-Grain	Crackers	Bananas		
	Cottage Cheese		Cheerios	& Fruit			

December 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
		-	Preschool		
	Multi-Grain	Graham	Apples & Wheat	Cooking	Pita Bread &
	Rice Crackers	Crackers & Milk	English Muffin	Scrambled Eggs	Bananas
AM Snack	&			& Oranges	
	Fruit				
		1	Infant & Toddlers		
	Multi-Grain	Graham	Apples & Wheat	Scrambled Eggs	Pita Bread &
	Crackers &	Crackers &	English Muffin	& Oranges	Bananas
	Fruit	Milk			
	Fish Sticks,	Mac n 'Cheese	Beef & Broccoli	Chicken,	Spaghetti, Meat
	Slice of Wheat	Green Beans	Quesadillas,	Vegetable &	Sauce with Peas,
Lunch	Bread, Celery	Apples & Milk	Oranges & Milk	Quinoa Soup,	Pears & Milk
	Sticks with		8	Fruit & Milk	
	Yogurt Dip				
	Melon & Milk				
,			Preschool		
	Cheese &	Hummus &	Berries, Banana,	Herb Greek	Yogurt & Whole
	Cheerios	Carrot Sticks	Oats and Milk	Yogurt Dip &	Grain Crackers
PM Snack			Smoothie	Cucumber Slices	
			Infant & Toddlers		
	Cheese &	Hummus &	Berries, Banana,	Herb Greek	Yogurt & Whole
	Cheerios	Carrots Sticks	Oats and Milk	Yogurt Dip &	Grain Crackers
			Smoothie	Cucumber Slices	

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Weekly Snack & Lunch Menu

December 23-27	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Multi-Grain	Holiday No	Holiday No	Holiday No	Holiday No		
	Rice Crackers &	School	School	School	School		
AM Snack	Melon						
			Infant & Toddlers				
	Multi-Grain	Holiday No	Holiday No	Holiday No	Holiday No		
	Crackers &	School	School	School	School		
	Melon						
	Turkey and	Holiday No	Holiday No	Holiday No	Holiday No		
Lunch	Cheese	School	School	School	School		
	Sandwich,						
	Carrots with						
	Yogurt Dip,						
	Apples & Milk						
	Preschool						
	Graham	Holiday No	Holiday No	Holiday No	Holiday No		
	Crackers	School	School	School	School		
PM Snack	& Oranges						
	Infant & Toddlers						
	Graham	Holiday No	Holiday No	Holiday No	Holiday No		
	Crackers	School	School	School	School		
	& Oranges						

Dec. 30-Jan 3	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Holiday No	Holiday No	Holiday No	Multi-Grain	Graham	
	School	School	School	Cheerios &	Crackers	
AM Snack				Pears	& Fruit	
			Infant & Toddlers	5		
	Holiday No	Holiday No		Multi-Grain	Graham	
	School	School	Holiday No	Cheerios &	Crackers	
			School	Cottage Cheese	& Fruit	
	Holiday No	Holiday No	Holiday No	Lentil Soup with	Penne Pasta,	
Lunch	School	School	School	Carrots, Tortilla,	Beef, Peas with	
				Pears & Milk	Tomato Sauce,	
					Apples	
					& Milk	
			Preschool			
	Holiday No	Holiday No	Holiday No	Wheat English	Pretzels &	
	School	School	School	Muffin & Cream	Cheese	
PM Snack				Cheese		
	Infant & Toddlers					
	Holiday No	Holiday No	Holiday No	Wheat English	Whole Grain	
	School	School	School	Muffin & Cream	Crackers &	
				Cheese	Cheese	

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