Weekly Snack & Lunch Menu

January 8 th – 12 th	Monday	Tuesday	Wednesday	Thursday	Friday			
			Preschool					
	Whole Grain	Cheerios &	Cinnamon	Hummus &	Cooking			
	Cracker & Fruit	Pears	Greek Yogurt	Celery Sticks	Waffles & Milk			
AM Snack			Dip & Apples					
			Infant & Toddlers					
	Whole Grain	Cheerios &	Cinnamon Greek	Hummus &				
	Cracker & Fruit	Pears	Yogurt Dip &	Broccoli	Waffles & Milk			
			Apples					
	Split Pea Soup	Cucumber and	Spaghetti with	Chicken,	Creamy Tomato			
Lunch	with Carrots,	Cream Cheese	Meat Sauce &	Veggies and	Chicken,			
	Tortilla,	Sandwich,	Peas, Fruit	Rice Soup,	Vegetable &			
	Melon & Milk	Apples & Milk	& Milk	Oranges & Milk	Penne Pasta			
					Casserole, Pears			
					& Milk			
	Preschool							
	Cheese Cubes &	Fruit & Pita	Oranges &	Yogurt & Melon	Pretzels			
	Pears	Bread	Multi-Grain		& Bananas			
PM Snack			Rice Crackers					
		Infant & Toddlers						
	Cheese Cubes &	Fruit & Pita	Oranges &	Yogurt & Melon	Graham			
	Pears	Bread	Multi-Grain		Crackers			
			Wheat Crackers		& Bananas			

January 15 th – 19 th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Holiday School	Cube Cheese &	English Muffin	Cooking	Graham	
	Closed – Staff	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &	
AM Snack	In-Service			& Milk	Bananas	
			Infant & Toddlers			
	Holiday School	Cube Cheese &	English Muffin		Graham	
	Closed – Staff	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &	
	In-Service			& Milk	Bananas	
	Holiday School	Grilled Cheese	Vegetable, Beef	Broccoli with	Chicken Stir Fry	
Lunch	Closed - Staff	Sandwich with	& Rice/Quinoa	Beef & Quinoa	Vegetables with	
20.101	In-Service	Spinach,	Soup,	& Brown Rice,	Quinoa &	
	110 5017000	Apples & Milk	Fruit & Milk	Melon	Brown Rice,	
		II		& Milk	Pears & Milk	
	Preschool					
	Holiday School	Graham	Apples &	Berries, Banana	Hummus &	
	Closed – Staff	Crackers &	Pretzels	and Milk	Carrots	
PM Snack	In-Service	Pears		Smoothie		
				w/Oats		
	Infant & Toddlers					
	Holiday School	Graham	Apples & Cereal	Berries, Banana	Hummus &	
	Closed – Staff	Crackers &		and Milk	Carrots	
	In-Service	Cottage Cheese		Smoothie		
				w/Oats		

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Weekly Snack & Lunch Menu

January 22 nd – 26 th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Graham	Pita Bread &	Cucumber Slices	Cooking	Bagels with	
	Crackers	Apples	&	Pancakes &	Cream Cheese &	
AM Snack	& Apples		Hummus	Milk	100% Orange	
					Juice	
			Infant & Toddlers			
	Graham	Pita Bread &	Cucumber Slices	Waffles & Milk	Bagels with	
	Crackers	Apples	&		Cream Cheese &	
	&		Hummus		100% Orange	
	Apples				Juice	
	Chicken	Quesadillas with	Chicken Quinoa	Teriyaki	Meat Lasagna,	
Lunch	Nuggets	Spinach,	& Veggie Soup,	Chicken,	Pears	
	"Tater Tots,"	Apples & Milk	Fruit	Brown Rice,	& Milk	
	Sautéed		& Milk	Green Beans,		
	Broccoli,			Melon & Milk		
	Oranges & Milk					
	Preschool					
	Kix Cereal	Cube Cheese &	Wheat English	Multi-Grain	Yogurt	
	& Fruit	Pretzels	Muffin	Rice Crackers	& Fruit	
PM Snack			& Apples	& Bananas		
	Infant & Toddlers					
	Kix Cereal	Cube Cheese &	Wheat English	Multi-Grain	Yogurt	
	&	Whole Grain	Muffin	Crackers	&	
	Fruit	Cracker	& Apples	& Bananas	Fruit	

January 29 th – February 2 nd	Monday	Tuesday	Wednesday	Thursday	Friday		
2	Preschool						
	Multi-Grain	Hummus &	Cooking	Cheese Cubes &	Graham		
	Cheerios	Carrots	Quesadilla	Apples	Crackers & Milk		
AM Snack	& 100% Juice						
			Infant & Toddlers		Graham Crackers & Milk Graham Crackers & Milk Mac & Cheese, Peas & Carrots, Melon & Milk Wheat English Muffin & Pears Wheat English Muffin & Wheat English Muffin & Pears		
	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

February 5 th – 9 th	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			
	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		

February 12 th – 16 th	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			-		
			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	
	"Tater Tots"	Green Beans	Quesadillas,	Vegetable &	Sauce with Peas,	
Lunch	Celery Sticks	Apples & Milk	Oranges & Milk	Quinoa Soup,	Pears & Milk	
	with Yogurt Dip			Fruit & Milk		
	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

February 19 th – 23 rd	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Holiday School	Oranges &	Bagel,	Cooking	Yogurt & Fruit	
	Closed	Wheat English	Cream Cheese	Toast with		
AM Snack		Muffin	& 100% Orange	Butter &		
			Juice	Pears		
			Infant & Toddlers			
	Holiday School	Oranges &	Bagel,	Toast with	Yogurt & Fruit	
	Closed	Wheat English	Cream Cheese	Butter &		
		Muffin	& 100% Orange	Pears		
			Juice			
	Holiday School	Split Pea Soup	Baked Chicken,	Chicken Stir Fry	Pizza, Salad	
Lunch	Closed	with Carrots,	Mashed	Vegetables with	with Yogurt	
		Pears & Milk	Potatoes, Mixed	Spaghetti	Dressing,	
			Veggies, Melon	Noodles, Fruit &	Oranges & Milk	
			& Milk	Milk		
	Preschool					
	Holiday School	Cheese Cubes &	Hummus & Pita	Chex Cereal &	Pretzels & Pears	
	Closed	Pretzels	Bread	Bananas		
PM Snack						
	Infant & Toddlers					
	Holiday School	Cheese Cubes &	Hummus & Pita	Chex Cereal &	Wheat Crackers	
	Closed	Whole Grain	Bread	Bananas	& Pears	
		Crackers				

February 26 th – March 2 nd	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Kix Cereal	Hummus &	Cooking	Multi-Grain	Graham	
	&	Celery Sticks	Oatmeal & Milk	Cheerios &	Crackers	
AM Snack	100% Juice			Pears	& Fruit	
			Infant & Toddlers			
	Kix Cereal	Hummus &		Multi-Grain	Graham	
	&	Broccoli	Oatmeal & Milk	Cheerios &	Crackers	
	Cottage Cheese			Cottage Cheese	& Fruit	
	Chicken	Lentil Soup with	Meat Loaf	BBQ Chicken,	Penne Pasta,	
Lunch	Nuggets	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with	
	"Tater Tots,"	Pears & Milk	Broccoli, Melon	Potatoes,	Tomato Sauce,	
	Celery Sticks		& Milk	Mixed	Apples	
	with Yogurt Dip,			Vegetables,	& Milk	
	Fruit & Milk			Oranges & Milk		
	Preschool					
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &	
	Crackers &	Muffin & Cream	Cinnamon Dip		Cheese	
PM Snack	Oranges	Cheese	& Apples			
	Infant & Toddlers					
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain	
	Crackers &	Muffin & Cream	Cinnamon Dip		Crackers &	
	Oranges	Cheese	& Apples		Cheese	

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