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Weekly Snack & Lunch Menu

September 16-20	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		

September 23-27	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	Scrambled Eggs	Graham		
	Crackers & Fruit	Pita Bread	& Yogurt	& Milk	Crackers &		
					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

Sept. 30-Oct. 4	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Graham	Cooking	Cucumber Slices	Bagels with	Pita Bread &	
	Crackers	Pancakes &	&	Cream Cheese &	Apples	
AM Snack	& Apples	Milk	Hummus	100% Orange		
				Juice		
			Infant & Toddlers			
	Graham		Cucumber Slices	Bagels with	Pita Bread &	
	Crackers	Waffles & Milk	&	Cream Cheese &	Apples	
	&		Hummus	100% Orange		
	Apples			Juice		
	Chicken	Quesadillas with	Chicken Quinoa	Teriyaki	Meat Lasagna,	
Lunch	Nuggets, Slice	Spinach,	& Veggie Soup,	Chicken,	Pears	
	of Wheat Bread,	Apples & Milk	Fruit	Brown Rice,	& Milk	
	Sautéed		& Milk	Green Beans,		
	Broccoli,			Melon & Milk		
	Oranges & Milk					
			Preschool	1		
	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	

October 7-11	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Multi-Grain	Cheese Cubes &	Cooking	Hummus &	Graham		
	Cheerios	Apples	Quesadilla	Carrots	Crackers & Milk		
AM Snack	& 100% Juice						
			Infant & Toddlers				
	Multi-Grain	Cheese Cubes &		Hummus &	Graham		
	Cheerios &	Apples	Quesadilla	Carrots	Crackers		
	100% Juice				& Milk		
	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 & Brown	Soup, Oranges	Melon & Milk		
		Beans, Fruit &	Rice, Apples &	& Milk			
		Milk	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		

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

October 14-18	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
		1	Preschool		
	Whole Grain	Cube Cheese &	Oranges &	Graham	Pretzels &
	Cracker & 100%	Pears	Multi-Grain	Crackers	Bananas
PM Snack	Pineapple Juice		Cheerios	& Fruit	
	Whole Grain	Cottage Cheese	Oranges &	Graham	Cheerios &
	Cracker &	& Pears	Multi-Grain	Crackers	Bananas
	Cottage Cheese		Cheerios	& Fruit	

October 21-25	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Graham	Multi-Grain	Apples & Wheat	Cooking	Pita Bread &		
	Crackers & Milk	Rice Crackers &	English Muffin	Scrambled Eggs	Bananas		
AM Snack		Fruit		& Oranges			
			<b>Infant &amp; Toddlers</b>				
	Graham	Multi-Grain	Apples & Wheat	Scrambled Eggs	Pita Bread &		
	Crackers &	Crackers &	English Muffin	& Oranges	Bananas		
	Milk	Fruit					
	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			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

Oct. 28-Nov. 1	Monday	Tuesday	Wednesday	Thursday	Friday			
		Preschool						
	Multi-Grain	Oranges &	Bagel,	Cooking	Yogurt & Fruit			
	Rice Crackers &	Wheat English	Cream Cheese	Toast with	_			
AM Snack	Melon	Muffin	& 100% Orange	Butter &				
			Juice	Pears				
			Infant & Toddlers					
	Multi-Grain	Oranges &	Bagel,	Toast with	Yogurt & Fruit			
	Crackers &	Wheat English	Cream Cheese	Butter &				
	Melon	Muffin	& 100% Orange	Pears				
			Juice					
	Turkey and	Split Pea Soup	Baked Chicken,	Chicken Stir Fry	Pizza, Salad			
Lunch	Cheese	with Carrots,	Mashed	Vegetables with	with Yogurt			
	Sandwich,	Pears & Milk	Potatoes, Mixed	Spaghetti	Dressing,			
	Carrots with		Veggies, Melon	Noodles, Fruit &	Oranges & Milk			
	Yogurt Dip,		& Milk	Milk	_			
	Apples & Milk							
	Preschool							
	Graham	Cheese Cubes &	Hummus & Pita	Chex Cereal &	Pretzels & Pears			
	Crackers	Pretzels	Bread	Bananas				
PM Snack	& Oranges							
	Infant & Toddlers							
	Graham	Cheese Cubes &	Hummus & Pita	Chex Cereal &	Wheat Crackers			
	Crackers	Whole Grain	Bread	Bananas	& Pears			
	& Oranges	Crackers						

November 4-8	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, Slice	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with		
	of Wheat Bread,	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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