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Weekly Snack & Lunch Menu

| April 25-29, 2022 | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-------------------|----------------|---------------|------------------------------|-----------------|------------------|--|
| • / | | * | Preschool | · | | |
| | Wheat Thins & | Cheerios & | Cinnamon | Whole Grain | Cooking | |
| | Fruit | Pears | Greek Yogurt | Cracker & Fruit | Waffles & Milk | |
| AM Snack | | | Dip & Apples | | | |
| | | | Infant & Toddlers | | | |
| | Wheat Thins & | Cheerios & | Cinnamon Greek | Whole Grain | Pancakes & | |
| | Fruit | Pears | Yogurt Dip & | Cracker & Fruit | 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 | Cheerios | |
| | Pears | Bread | Multi-Grain | | & Bananas | |
| | | | Wheat Crackers | | | |

| May 2-6, 2022 | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---------------|-------------------|----------------|-------------------|-----------------|------------------|--|
| | | | Preschool | | | |
| | Whole Grain | Cube Cheese & | English Muffin | Cooking | Chex cereal & | |
| | Crackers & Fruit | Pita Bread | & Yogurt | Scrambled Eggs | Bananas | |
| AM Snack | | | | & Milk | | |
| | | | Infant & Toddlers | | | |
| | Whole Grain | Cube Cheese & | English Muffin | Cheerios & Milk | Chex cereal & | |
| | Crackers & Fruit | Pita Bread | & Yogurt | | 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 & | Wheat Thins & | Apples & | Berries, Banana | Greek Yogurt | |
| | 100% Grape | Pears | Pretzels | and Milk | Dip & Carrots | |
| PM Snack | Juice | | | Smoothie | | |
| | | | | w/Oats | | |
| | Infant & Toddlers | | | | | |
| | Chex Cereal & | Wheat Thins & | Apples & Cereal | Berries, Banana | Greek Yogurt | |
| | Cottage Cheese | Cottage Cheese | | and Milk | Dip & Carrots | |
| | | | | 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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|----------------|-----------------|------------------|-------------------|----------------|---------------|
| | Week | dy Snack & l | <u>unch Menu</u> | | |
| May 9-13, 2022 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | Preschool | | |
| | Wheat Thins | Cooking | Cucumber Slices | Bagels with | Pita Bread & |
| | & Apples | Pancakes & | & | Cream Cheese & | Apples |
| AM Snack | | Milk | Herb Greek | Fresh Fruit | |
| | | | Yogurt Dip | | |
| | | | Infant & Toddlers | | |
| | Wheat Thins | | Cucumber Slices | Bagels with | Pita Bread & |
| | & | Pancakes & | & | Cream Cheese & | Apples |
| | Apples | Milk | Herb Greek | Fresh Fruit | |
| | | | Yogurt Dip | | |
| | 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 | | | | |
| | | ſ | 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 |

| May 16-20, 2022 | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-----------------|--------------------|-----------------|-----------------|-----------------|-----------------|--|
| | | | Preschool | | | |
| | Cheerios | Cereal & Fruit | Cooking | Cheese Cubes & | Wheat Thins & | |
| | & Fresh Fruit | | Quesadilla | Apples | Milk | |
| AM Snack | Infant & Toddlers | | | | | |
| | Cheerios | Cereal & Fruit | | Cheese Cubes & | Wheat Thins | |
| | Fresh Fruit | | Quesadilla | Apples | & 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 & | 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 | & | | & | |
| | and throughout th | | 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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|-----------------|-----------------|-------------------|-------------------|----------------|----------------|--|--|
| | Week | kly Snack & l | unch Menu | | | | |
| May 23-27, 2022 | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| | Preschool | | | | | | |
| | Chex Cereal & | Cheese & | Herb Greek | Milk & Kix | Cooking | | |
| | Apples | Crackers | Yogurt Dip & | Cereal | Tortilla with | | |
| AM Snack | | | Carrots | | Butter & Milk | | |
| | | Infant & Toddlers | | | | | |
| | Chex Cereal & | Cheese & | Herb Greek | Milk & Kix | Tortilla with | | |
| | Apples | Crackers | Yogurt Dip & | Cereal | Butter & Milk | | |
| | | | Carrots | | | | |
| | Turkey & | Baked Chicken, | "Chili Con | Meat Lasagna, | Chicken, | | |
| | Spinach Grilled | Brown Rice with | Carne" Broccoli, | Oranges & Milk | Vegetables and | | |
| Lunch | Cheese | Peas, Fruit & | Apples & Milk | | Quinoa & | | |
| | Sandwich, Pears | Milk | | | Brown Rice | | |
| | & Milk | | | | Casserole | | |
| | | | | | Melon & Milk | | |
| | Preschool | | | | | | |
| | Whole Grain | Pretzels & | Oranges & | Wheat Thins | Cube Cheese & | | |
| | Cracker & 100% | Bananas | Cheerios | & Fruit | Pears | | |
| PM Snack | Pineapple Juice | | | | | | |
| | | | Infant & Toddlers | | | | |
| | Whole Grain | Cheerios & | Oranges & | Wheat Thins | Cottage Cheese | | |
| | Cracker & | Bananas | Cheerios | & Fruit | & Pears | | |
| | Cottage Cheese | | | | | | |

| May 30-June 3, 2022 | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---------------------|-------------------|----------------|-------------------|-----------------|------------------|--|
| | | | Preschool | | | |
| | School Closed | Multi-Grain | Apples & Wheat | Cooking | Pita Bread & | |
| | Holiday | Crackers & | English Muffin | Scrambled Eggs | Bananas | |
| AM Snack | | Fruit | | & Milk | | |
| | | | Infant & Toddlers | | | |
| | School Closed | Multi-Grain | Apples & Wheat | Cheerios | Pita Bread & | |
| | Holiday | Crackers & | English Muffin | & Milk | Bananas | |
| | | Fruit | | | | |
| | School Closed | Fish Sticks, | Beef & Broccoli | Chicken, | Spaghetti, Meat | |
| | Holiday | Slice of Wheat | Quesadillas, | Vegetable & | Sauce with Peas, | |
| Lunch | | Bread, Celery | Oranges & Milk | Quinoa Soup, | Pears & Milk | |
| | | Sticks with | | Fruit & Milk | | |
| | | Yogurt Dip | | | | |
| | | Melon & Milk | | | | |
| | Preschool | | | | | |
| | School Closed | Cereal & | Berries, Banana, | Herb Greek | Yogurt & Whole | |
| | Holiday | Oranges | Oats and Milk | Yogurt Dip & | Grain Crackers | |
| PM Snack | | | Smoothie | Cucumber Slices | | |
| | | | | | | |
| | Infant & Toddlers | | | | | |
| | School Closed | Cereal & | Berries, Banana, | Herb Greek | Yogurt & Whole | |
| | Holiday | Oranges | Oats and Milk | Yogurt Dip & | Grain Crackers | |
| | | | Smoothie | Cucumber Slices | | |
| | | | | | | |

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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| | Week | dy Snack & I | unch Menu | | |
|-----------------|-----------------|----------------|-------------------|------------------|------------------|
| June 6-10, 2022 | 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 | & Fresh Fruit | Butter & | |
| | | | | Pears | |
| | | | Infant & Toddlers | | |
| | Multi-Grain | Oranges & | Bagel, | Toast with | Yogurt & Fruit |
| | Crackers & | Wheat English | Cream Cheese | Butter & | - |
| | Melon | Muffin | & Fresh Fruit | Pears | |
| | Turkey and | Split Pea Soup | Baked Chicken, | Chicken Stir Fry | Meat Lasagna, |
| Lunch | Cheese | with Carrots, | Mashed | Vegetables with | Salad with |
| | Sandwich, | Pears & Milk | Potatoes, Mixed | Spaghetti | Yogurt Dressing, |
| | Carrots with | | Veggies, Melon | Noodles, Fruit & | Oranges & Milk |
| | Yogurt Dip, | | & Milk | Milk | |
| | Apples & Milk | | | | |
| | | T | Preschool | T | |
| | Chex Cereal & | Cheese Cubes & | Wheat Thins | Herb Greek | Pretzels & Pears |
| | Bananas | Pretzels | & Oranges | Yogurt Dip & | |
| PM Snack | | | | Carrots | |
| | | • | Infant & Toddlers | • | |
| | Chex Cereal & | Cheese Cubes & | Wheat Thins | Herb Greek | Wheat Crackers |
| | Bananas | Whole Grain | & Oranges | Yogurt Dip & | & Pears |
| | | Crackers | | Carrots | |
| | | | | | |

| Jun 13-17, 2022 | Monday | Tuesday | Wednesday | Thursday | Friday | | |
|-----------------|-------------------------|--------------------|-------------------|---------------------|-----------------|--|--|
| | | | Preschool | | | | |
| | Kix Cereal | Cheerios & | Cooking | Cereal | Wheat Thins | | |
| | & | Apples | Oatmeal & Milk | & Pears | & Fruit | | |
| AM Snack | Fresh Fruit | | | | | | |
| | | | Infant & Toddlers | | | | |
| | Kix Cereal | Cheerios & | | Cereal | Wheat Thins | | |
| | & | Apples | Oatmeal & Milk | & Pears | & Fruit | | |
| | Cottage Cheese | | | | | | |
| | 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 | | |
| Water i | is served throughout th | | | 0 PM fruit snack da | | | |

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