Weekly Snack & Lunch Menu

July 17 - 21	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,	Baked Chicken,	
Lunch	with Carrots,	Cream Cheese	Meat Sauce &	Veggies and	Brown Rice,	
	Tortilla,	Sandwich,	Peas, Oranges	Rice Soup,	Green Beans,	
	Melon & Milk	Apples & Milk	& Milk	Oranges & Milk	Melon & Milk	
	Preschool					
	Cheese Cubes &	Fruit & Pita	Fruit &	Yogurt & Melon	Pretzels	
_	Pears	Bread	Multi-Grain		& Bananas	
PM Snack			Rice Crackers			
	Infant & Toddlers					
	Cheese Cubes &	Fruit & Pita	Fruit &	Yogurt & Melon	Cheerios	
	Pears	Bread	Multi-Grain		& Bananas	
			Wheat Crackers			

July 24 - 28	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool	-		
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Chex cereal &	
AM Snack	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs & Milk	Bananas	
ANI SHACK			Infant & Toddlers			
	Whole Grain	Cube Cheese &	English Muffin	Cheerios & Milk	Chex cereal &	
	Crackers & Fruit	Pita Bread	& Yogurt	Chechos & Whik	Bananas	
	Crackers & Truit	Tita Dicad	& Toguit		Dananas	
	Grilled Cheese	Creamy Tomato	Chicken,	Broccoli with	"Chili Con	
Lunch	Sandwich with	Chicken,	Vegetable &	Beef & Quinoa	Carne" Broccoli,	
	Spinach,	Vegetable &	Rice/Quinoa	& Brown Rice,	Oranges & Milk	
	Apples & Milk	Penne Pasta	Soup,	Melon		
		Casserole, Pears	Fruit & Milk	& Milk		
		& 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		

Weekly Snack & Lunch Menu

July 31 - Aug. 4	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Wheat Thins	Cooking	Cucumber Slices	Bagels with	School	
	& Apples	Pancakes &	&	Cream Cheese &	Closed	
AM Snack		Milk	Herb Greek	Fresh Fruit		
			Yogurt Dip			
			Infant & Toddlers			
	Wheat Thins		Cucumber Slices	Bagels with	School	
	&	Pancakes &	&	Cream Cheese &	Closed	
	Apples	Milk	Herb Greek	Fresh Fruit		
			Yogurt Dip			
	Chicken	Quesadillas with	Chicken Quinoa	Baked Chicken,	School	
Lunch	Nuggets, Slice of	Spinach,	& Veggie Soup,	Brown Rice,	Closed	
	Wheat Bread,	Apples & Milk	Fruit	Green Beans,		
	Sautéed		& Milk	Melon & Milk		
	Broccoli,					
	Oranges & Milk					
			Preschool			
	Kix Cereal	Cube Cheese &	Wheat English	Multi-Grain	School	
	& Fruit	Pretzels	Muffin	Rice Crackers	Closed	
PM Snack			& Apples	& Bananas		
	Infant & Toddlers					
	Kix Cereal	Cube Cheese &	Wheat English	Multi-Grain	School	
	&	Whole Grain	Muffin	Crackers	Closed	
	Fruit	Cracker	& Apples	& Bananas		

August 7 - 11	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Cheerios	Cereal & Fruit	Applesauce	Applesauce	Cooking		
	& Fresh Fruit		Sundaes	Sundaes	Quesadilla		
AM Snack	Infant & Toddlers						
	Cheerios	Cereal & Fruit	Applesauce	Applesauce	Quesadilla		
	Fresh Fruit		Sundaes	Sundaes			
	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	Oranges & Milk				
	Preschool						
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English		
	&	With Cream	Crackers	Bananas	Muffin		
PM Snack	Cube Cheese	Cheese	&		&		
			Apples		Pears		
	Infant & Toddlers						
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English		
	&	With Cream	Crackers	Bananas	Muffin		
	Cube Cheese	Cheese	&		&		
			Apples		Pears		

Weekly Snack & Lunch Menu

August 14 - 18	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Chex Cereal &	Cooking	Herb Greek	100% Juice Pops	100% Juice Pops	
	Apples	Tortilla with	Yogurt Dip &	& Cereal	& Cereal	
AM Snack		Butter & Milk	Carrots			
			Infant & Toddlers			
	Chex Cereal &	Tortilla with	Herb Greek	100% Juice Pops	100% Juice Pops	
	Apples	Butter & Milk	Yogurt Dip &	& Cereal	& Cereal	
			Carrots			
	Turkey &	Baked Chicken,	"Chili Con	Meat Lasagna,	Chicken,	
	Spinach Grilled	Brown Rice with	Carne" Broccoli,	Oranges & Milk	Vegetables and	
Lunch	Cheese	Peas, Pears &	Oranges & Milk		Quinoa &	
	Sandwich, Fruit	Milk			Brown Rice	
	& Milk				Casserole	
					Melon & Milk	
	Preschool					
	Whole Grain	Pretzels &	Apples &	Wheat Thins	Cube Cheese &	
	Cracker & 100%	Bananas	Cheerios	& Fruit	Pears	
PM Snack	Pineapple Juice					
	Infant & Toddlers					
	Whole Grain	Cheerios &	Apples &	Wheat Thins	Cottage Cheese	
	Cracker &	Bananas	Cheerios	& Fruit	& Pears	
	Cottage Cheese					

August 21 - 25	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Multi-Grain	Chex Cereal &	Apples & Wheat	Cooking	Pita Bread &	
	Rice Crackers	Milk	English Muffin	Scrambled Eggs	Bananas	
AM Snack	&			& Milk		
	Fruit					
			Infant & Toddlers			
	Multi-Grain	Chex Cereal &	Apples & Wheat	Cheerios	Pita Bread &	
	Crackers &	Milk	English Muffin	& Milk	Bananas	
	Fruit					
	Fish Sticks,	Mac n 'Cheese	Beef & Broccoli	Chicken,	Spaghetti, Meat	
	Slice of Wheat	Green Beans	Quesadillas,	Vegetable &	Sauce with Peas,	
Lunch	Bread, Celery	Oranges & Milk	Fruit & Milk	Quinoa Soup,	Pears & Milk	
	Sticks with			Oranges & Milk		
	Yogurt Dip					
	Melon & Milk					
	Preschool					
	Cheese &	Cereal & Apples	Berries, Banana,	Herb Greek	Yogurt & Whole	
	Cheerios		Oats and Milk	Yogurt Dip &	Grain Crackers	
PM Snack			Smoothie	Cucumber Slices		
	Infant & Toddlers					
	Cheese &	Cereal & Apples	Berries, Banana,	Herb Greek	Yogurt & Whole	
	Cheerios		Oats and Milk	Yogurt Dip &	Grain Crackers	
			Smoothie	Cucumber Slices		

Weekly Snack & Lunch Menu

August 28 - Sept. 1	Monday	Tuesday	Wednesday	Thursday	Friday	
		-	Preschool	-		
	Multi-Grain	Pears & Wheat	Bagel,	Cooking	Yogurt & Fruit	
	Rice Crackers &	English Muffin	Cream Cheese	Toast with		
AM Snack	Melon		& Fresh Fruit	Butter &		
				Pears		
			Infant & Toddlers			
	Multi-Grain	Pears & Wheat	Bagel,	Toast with	Yogurt & Fruit	
	Crackers &	English Muffin	Cream Cheese	Butter &		
	Melon		& Fresh Fruit	Pears		
	Turkey and	Split Pea Soup	Baked Chicken,	"Chili Con	Meat Lasagna,,	
Lunch	Cheese	with Carrots,	Mashed	Carne" Broccoli,	Oranges & Milk	
	Sandwich,	Pears & Milk	Potatoes, Mixed	Oranges & Milk		
	Carrots with		Veggies, Melon			
	Yogurt Dip,		& Milk			
	Apples & Milk					
	Preschool					
	Chex Cereal &	Cheese Cubes &	Wheat Thins	Herb Greek	Pretzels & Pears	
	Bananas	Pretzels	& Fruit	Yogurt Dip &		
PM Snack				Carrots		
	Infant & Toddlers					
	Chex Cereal &	Cheese Cubes &	Wheat Thins	Herb Greek	Wheat Crackers	
	Bananas	Whole Grain	& Fruit	Yogurt Dip &	& Pears	
		Crackers		Carrots		
	1					

September 4 - 8	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	School	Cheerios &	Cooking	Cereal	Wheat Thins	
	Closed	Apples	Oatmeal & Milk	& Pears	& Fruit	
AM Snack			Infant & Toddlers			
	School	Cheerios &		Cereal	Wheat Thins	
	Closed	Apples	Oatmeal & Milk	& Pears	& Fruit	
	School	Lentil Soup with	Meat Loaf	Baked Chicken,	Penne Pasta,	
Lunch	Closed	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with	
		Pears & Milk	Broccoli, Melon	Potatoes,	Tomato Sauce,	
			& Milk	Mixed	Apples	
				Vegetables,	& Milk	
				Oranges & Milk		
	Preschool					
	School	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &	
	Closed	Muffin & Cream	Cinnamon Dip		Cheese	
PM Snack		Cheese	& Apples			
			Infant & Toddlers			
	School	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain	
	Closed	Muffin & Cream	Cinnamon Dip		Crackers &	
		Cheese	& Apples		Cheese	