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Weekly Snack & Lunch Menu

September 11 - 15	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			

September 18 - 22	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	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			

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

September 25 - 29	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	Baked Chicken,	Meat Lasagna,
Lunch	Nuggets, Slice of	Spinach,	& Veggie Soup,	Brown Rice,	Pears
	Wheat Bread,	Apples & Milk	Fruit	Green Beans,	& Milk
	Sautéed		& Milk	Melon & Milk	
	Broccoli,				
	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

Weekly Snack & Lunch Menu

October 2 - 6	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	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		

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October 9 - 13	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, 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						

Weekh	/ Snack &	lunch	Menu

October 16 - 20	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		

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	1100	KIY STICCK &	LUNCHIMON	0	
October 23 - 27	Monday	Tuesday	Wednesday	Thursday	Friday
	Preschool				
AM Snack	Multi-Grain Rice Crackers & Melon	Pears & Wheat English Muffin	Bagel, Cream Cheese & Fresh Fruit	Cooking Toast with Butter & Pears	Yogurt & Fruit
			Infant & Toddlers		
	Multi-Grain Crackers & Melon	Pears & Wheat English Muffin	Bagel, Cream Cheese & Fresh Fruit	Toast with Butter & Pears	Yogurt & Fruit
Lunch	Turkey and Cheese Sandwich, Carrots with Yogurt Dip, Apples & Milk	Split Pea Soup with Carrots, Pears & Milk	Baked Chicken, Mashed Potatoes, Mixed Veggies, Melon & Milk	"Chili Con Carne" Broccoli, Oranges & Milk	Meat Lasagna,, Oranges & Milk
		1	Preschool	ł	1
PM Snack	Chex Cereal & Bananas	Cheese Cubes & Pretzels	Wheat Thins & Fruit	Herb Greek Yogurt Dip & Carrots	Pretzels & Pears
	Infant & Toddlers				
	Chex Cereal & Bananas	Cheese Cubes & Whole Grain Crackers	Wheat Thins & Fruit	Herb Greek Yogurt Dip & Carrots	Wheat Crackers & Pears
					l

October 30 - Nov. 3	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	Baked 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		
	Oranges & Milk			Oranges & Milk			
		Preschool					
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &		
	Crackers & Fruit	Muffin & Cream	Cinnamon Dip		Cheese		
PM Snack		Cheese	& Apples				
	Infant & Toddlers						
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain		
	Crackers & Fruit	Muffin & Cream	Cinnamon Dip		Crackers &		
		Cheese	& Apples		Cheese		

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