Weekly Snack & Lunch Menu

January 1st - 5th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	School	Wheat Thins &	Cinnamon	Whole Grain	Cooking	
	Closed	Fruit	Greek Yogurt	Cracker & Fruit	Waffles & Milk	
AM Snack			Dip & Apples			
			Infant & Toddlers			
	School	Wheat Thins &	Cinnamon Greek	Whole Grain	Pancakes &	
	Closed	Fruit	Yogurt Dip &	Cracker & Fruit	Milk	
			Apples			
	School	Split Pea Soup	Spaghetti with	Chicken,	Baked Chicken,	
Lunch	Closed	with Carrots,	Meat Sauce &	Veggies and	Brown Rice,	
		Tortilla,	Peas, Oranges	Rice Soup,	Green Beans,	
		Melon & Milk	& Milk	Oranges & Milk	Melon & Milk	
	Preschool					
	School	Cheese Cubes &	Fruit &	Yogurt & Melon	Pretzels	
	Closed	Pears	Multi-Grain		& Bananas	
PM Snack			Rice Crackers			
	Infant & Toddlers					
	School	Cheese Cubes &	Fruit &	Yogurt & Melon	Cheerios	
	Closed	Pears	Multi-Grain		& Bananas	
			Wheat Crackers			

January 8th - 12th	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	
	Infant & Toddlers					
	Whole Grain Crackers & Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	Cheerios & Milk	Chex cereal & Bananas	
	Clackers & Fluit	Tha Breau	₩ Toguit		Dallallas	
	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, Fruit & Milk	Melon		
		Casserole, Pears & Milk	Fruit & 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		г	
	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

January 15th - 19th	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	School	Cooking	Cucumber Slices	Bagels with	Pita Bread &	
	Closed	Pancakes &	&	Cream Cheese &	Apples	
AM Snack		Milk	Herb Greek	Fresh Fruit		
			Yogurt Dip			
			Infant & Toddlers			
	School		Cucumber Slices	Bagels with	Pita Bread &	
	Closed	Pancakes &	&	Cream Cheese &	Apples	
		Milk	Herb Greek	Fresh Fruit		
			Yogurt Dip			
	School	Quesadillas with	Chicken Quinoa	Baked Chicken,	Meat Lasagna,	
Lunch	Closed	Spinach,	& Veggie Soup,	Brown Rice,	Pears	
		Apples & Milk	Fruit	Green Beans,	& Milk	
			& Milk	Melon & Milk		
	Preschool					
	School	Cube Cheese &	Wheat English	Multi-Grain	Yogurt	
	Closed	Pretzels	Muffin	Rice Crackers	& Fruit	
PM Snack			& Apples	& Bananas		
	Infant & Toddlers					
	School	Cube Cheese &	Wheat English	Multi-Grain	Yogurt	
	Closed	Whole Grain	Muffin	Crackers	&	
		Cracker	& Apples	& Bananas	Fruit	

January 22nd - 26th	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Cheerios & Fresh Fruit	Cereal & Fruit	Cooking Ouesadilla	Cheese Cubes & Apples	Wheat Thins & Milk		
AM Snack	& FIESH Fluit		Infant & Toddlers				
Tivi Shack							
	Cheerios	Cereal & Fruit	0	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		

Weekly Snack & Lunch Menu

Jan. 29th - Feb 2nd	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		Cooking Tortilla with Butter & Milk Tortilla with Butter & Milk Chicken, Vegetables and Quinoa & Brown Rice Casserole Melon & Milk Cube Cheese & Pears Cottage Cheese		
	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		`		
	Sandwich, Fruit	Milk					
	& Milk						
					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	_		
	Cracker &	Bananas	Cheerios	& Fruit	& Pears		
	Cottage Cheese						

February 5th - 9th	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

February 12th - 16th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Multi-Grain	Pears & Wheat	Bagel,	Cooking	School	
	Rice Crackers &	English Muffin	Cream Cheese	Toast with	Closed	
AM Snack	Melon		& Fresh Fruit	Butter &		
				Pears		
			Infant & Toddlers			
	Multi-Grain	Pears & Wheat	Bagel,	Toast with	School	
	Crackers &	English Muffin	Cream Cheese	Butter &	Closed	
	Melon		& Fresh Fruit	Pears		
	Turkey and	Split Pea Soup	Baked Chicken,	"Chili Con	School	
Lunch	Cheese	with Carrots,	Mashed	Carne" Broccoli,	Closed	
	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	School	
	Bananas	Pretzels	& Fruit	Yogurt Dip &	Closed	
PM Snack				Carrots		
	Infant & Toddlers					
	Chex Cereal &	Cheese Cubes &	Wheat Thins	Herb Greek	School	
	Bananas	Whole Grain	& Fruit	Yogurt Dip &	Closed	
		Crackers		Carrots		
<u>I</u>						

February 19th - 23rd	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				
	School	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain		
	Closed	Muffin & Cream	Cinnamon Dip		Crackers &		
		Cheese	& Apples		Cheese		