Weekly Snack & Lunch Menu

| August 12th - 16th | Monday            | Tuesday       | Wednesday                    | Thursday        | Friday           |  |
|--------------------|-------------------|---------------|------------------------------|-----------------|------------------|--|
|                    |                   |               | Preschool                    |                 |                  |  |
|                    | Wheat Thins &     | Cheerios &    | Cinnamon                     | Whole Grain     | School Closed    |  |
|                    | Fruit             | Pears         | Greek Yogurt                 | Cracker & Fruit | Staff In-Service |  |
| AM Snack           |                   |               | Dip & Apples                 |                 |                  |  |
|                    |                   |               | <b>Infant &amp; Toddlers</b> |                 |                  |  |
|                    | Wheat Thins &     | Cheerios &    | Cinnamon Greek               | Whole Grain     | School Closed    |  |
|                    | Fruit             | Pears         | Yogurt Dip &                 | Cracker & Fruit | Staff In-Service |  |
|                    |                   |               | Apples                       |                 |                  |  |
|                    | Split Pea Soup    | Cucumber and  | Spaghetti with               | Chicken,        | School Closed    |  |
| Lunch              | with Carrots,     | Cream Cheese  | Meat Sauce &                 | Veggies and     | Staff In-Service |  |
|                    | Tortilla,         | Sandwich,     | Peas, Oranges                | Rice Soup,      |                  |  |
|                    | Melon & Milk      | Apples & Milk | & Milk                       | Oranges & Milk  |                  |  |
|                    | Preschool         |               |                              |                 |                  |  |
|                    | Cheese Cubes &    | Fruit & Pita  | Fruit &                      | Yogurt & Melon  | School Closed    |  |
|                    | Pears             | Bread         | Multi-Grain                  |                 | Staff In-Service |  |
| PM Snack           |                   |               | Rice Crackers                |                 |                  |  |
|                    | Infant & Toddlers |               |                              |                 |                  |  |
|                    | Cheese Cubes &    | Fruit & Pita  | Fruit &                      | Yogurt & Melon  | School Closed    |  |
|                    | Pears             | Bread         | Multi-Grain                  |                 | Staff In-Service |  |
|                    |                   |               | Wheat Crackers               |                 |                  |  |

| August 19th - 23rd | Monday            | Tuesday                    | Wednesday         | Thursday                 | Friday           |  |
|--------------------|-------------------|----------------------------|-------------------|--------------------------|------------------|--|
|                    |                   |                            | Preschool         | -                        |                  |  |
|                    | Whole Grain       | Cube Cheese &              | English Muffin    | Cooking                  | Chex cereal &    |  |
| AM Snack           | Crackers & Fruit  | Pita Bread                 | & Yogurt          | Scrambled Eggs<br>& Milk | Bananas          |  |
|                    |                   |                            | 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<br>& 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 |                            |                   |                          |                  |  |
|                    | Chex Cereal &     | Wheat Thins &              | Apples & Cereal   | Berries, Banana          | Greek Yogurt     |  |
|                    | Cottage Cheese    | Cottage Cheese             |                   | and Milk                 | Dip & Carrots    |  |
|                    |                   |                            |                   | Smoothie                 |                  |  |
|                    | 1                 |                            |                   | w/Oats                   |                  |  |

Weekly Snack & Lunch Menu

| August 26th - 30th | Monday            | Tuesday          | Wednesday         | Thursday       | Friday        |  |
|--------------------|-------------------|------------------|-------------------|----------------|---------------|--|
|                    |                   |                  | Preschool         |                |               |  |
|                    | Wheat Thins       | Cooking          | Cucumber Slices   | Bagelswith     | 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            | Rice Crackers  | &             |  |
|                    | Fruit             | Cracker          | & Apples          | & Bananas      | Fruit         |  |

| September 2nd - 6th | Monday            | Tuesday            | Wednesday         | Thursday        | Friday          |  |
|---------------------|-------------------|--------------------|-------------------|-----------------|-----------------|--|
|                     |                   |                    | Preschool         |                 |                 |  |
|                     | School Closed     | Cereal & Fruit     | Cooking           | Cheese Cubes &  | Wheat Thins &   |  |
|                     | Holiday           |                    | Quesadilla        | Apples          | Milk            |  |
| AM Snack            |                   |                    | Infant & Toddlers |                 |                 |  |
|                     | School Closed     | Cereal & Fruit     |                   | Cheese Cubes &  | Wheat Thins     |  |
|                     | Holiday           |                    | Quesadilla        | Apples          | & Milk          |  |
|                     |                   |                    |                   |                 |                 |  |
|                     | School Closed     | Lentil Soup with   | Ground Beef       | Vegetable, Beef | Mac & Cheese,   |  |
|                     | Holiday           | Carrots, Tortilla, | with Broccoli &   | and Rice/Quinoa | Peas & Carrots, |  |
| Lunch               |                   | Pears & Milk       | Quinoa &          | Soup, Oranges   | Melon & Milk    |  |
|                     |                   |                    | Brown Rice,       | & Milk          |                 |  |
|                     |                   |                    | Oranges & Milk    |                 |                 |  |
|                     | Preschool         |                    |                   |                 |                 |  |
|                     | School Closed     | Apples             | Whole Grain       | Cheerios &      | Wheat English   |  |
|                     | Holiday           | &                  | Crackers          | Bananas         | Muffin          |  |
| PM Snack            |                   | Cube Cheese        | &                 |                 | &               |  |
|                     |                   |                    | Apples            |                 | Pears           |  |
|                     | Infant & Toddlers |                    |                   |                 |                 |  |
|                     | School Closed     | Apples             | Whole Grain       | Cheerios &      | Wheat English   |  |
|                     | Holiday           | &                  | Crackers          | Bananas         | Muffin          |  |
|                     |                   | Cube Cheese        | &                 |                 | &               |  |
|                     |                   |                    | Apples            |                 | Pears           |  |

Weekly Snack & Lunch Menu

| September 9th - 13th | 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        |  |  |
|                      | 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            |                 |                   |                |                |  |  |
|                      |                   |                 |                   |                | 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    |                 |                   |                |                |  |  |

| September 16th - 20th | 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             |                 |                              |                 |                  |  |
|                       |                   |                 | <b>Infant &amp; Toddlers</b> |                 |                  |  |
|                       | 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

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

| October 30th - October 4th | Monday           | Tuesday            | Wednesday                    | Thursday       | Friday          |  |  |
|----------------------------|------------------|--------------------|------------------------------|----------------|-----------------|--|--|
|                            |                  |                    | Preschool                    |                |                 |  |  |
|                            | Kix Cereal       | Cheerios &         | Cooking                      | Cereal         | Wheat Thins     |  |  |
|                            | &                | Apples             | Oatmeal & Milk               | & Pears        | & Fruit         |  |  |
| AM Snack                   | Fresh Fruit      |                    |                              |                |                 |  |  |
|                            |                  |                    | <b>Infant &amp; Toddlers</b> |                |                 |  |  |
|                            | 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          |  |  |