

# Menu Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cheerios, Strawberries and Milk	French Toast Stick and Applesauce	Yogurt Parfait with Vanilla Yogurt, Blueberries, and Granola	Whole Grain Waffle and Strawberries	Rice Cakes and Cantaloupe
	Water	Water	Water	Water	Water
Lunch	Mac & Cheese Broccoli Peaches	Chicken Patty Sandwich Sun Butter and Jelly Sandwich Peas Fresh Fruit	Cheese Ravioli with Marinara Sauce Green Beans Pineapple	Fish Taco Black Bean Taco Rice Pilaf Cucumber Slices Apples	Whole Grain Pizza Garden Salad Pineapple
	Milk	Milk	Milk	Milk	Milk
PM Snack	Sweet Potato Crackers Fresh Fruit	Pita Wedges and Cucumbers with Hummus	Sun Butter and Apple Slices with Graham Crackers	Banana Muffin with Cream Cheese and Fresh Fruit	Cherry Tomatoes and Red Pepper Sticks with Tzatziki Dip
	Water	Water	Water	Water	Water

- V=Vegetarian option listed in green
- Infants will be offered the same as older children when developmentally appropriate



# Menu Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Crispy Cereal with Bananas and Milk	Whole Wheat Bagel and Cream Cheese	Whole Wheat Pancakes with Fresh Strawberries	Corn Muffin and Fresh Fruit	Low Fat Cottage Cheese and Peaches
	Water	Water	Water	Water	Water
Lunch	Sun Butter and Jam Sandwiches Carrots Pineapple	Chicken Tacos or Black Bean Tacos with Cheese, Lettuce, and Tomato Fresh Fruit Sweet Potato Fries	Veggie Nuggets Garden Salad Whole Wheat Dinner Rolls Fresh Fruit	Black Bean Burger with Cheese Rainbow Pepper Sticks Ranch Dressing Peaches	Toasted Cheese Sandwich Tomato Soup Cucumbers Apple Slices
	Milk	Milk	Milk	Milk	Milk
PM Snack	Yogurt and Fresh Fruit	Avocado Toast with Tomatoes	Cheese Cubes and Applesauce	Pita Wedges, Red Pepper Sticks and Guacamole	Bananas, Apple Slices and Sun Butter
	Water	Water	Water	Water	Water

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# Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cheerios, Strawberries and Milk	French Toast Stick and Applesauce	Yogurt Parfait with Vanilla Yogurt, Blueberries, and Granola	Whole Grain Waffle and Strawberries	Rice Cakes and Cantaloupe
	Water	Water	Water	Water	Water
Lunch	Bean Chili Pepper Sticks or Cucumbers Cornbread Fresh Fruit	Grilled Chicken Nuggets Veggie Nuggets Rice Pilaf Broccoli Peaches	Rigatoni with Veggie Crumble Marinara Sauce Carrots Bananas	Turkey Burger Black Bean Burger Sweet Potato Fries Cucumber Slices Pears	Whole Wheat Pizza Garden Salad Pineapple
	Milk	Milk	Milk	Milk	Milk
PM Snack	Sweet Potato Crackers Fresh Fruit	Pita Wedges and Cucumbers with Hummus	Sun Butter and Apple Slices with Graham Crackers	Banana Muffin with Cream Cheese and Fresh Fruit	Cherry Tomatoes and Red Pepper Sticks with Tzatziki Dip
	Water	Water	Water	Water	Water

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# Menu Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Crispy Cereal with Bananas and Milk	Whole Wheat Bagel and Cream Cheese	Whole Wheat Pancakes with Fresh Strawberries	Corn Muffin and Fresh Fruit	Low Fat Cottage Cheese and Peaches
	Water	Water	Water	Water	Water
Lunch	Sun Butter and Banana Sandwich Carrots Applesauce	Chicken and Cheese Quesadillas Bean and Cheese Quesadillas Cherry Tomatoes Pineapples	Diced Chicken and Cheese Wrap Toasted Cheese Caesar Salad Fresh Fruit	Pasta with Chicken Buttered Pasta Broccoli and Cheddar Cheese Pears	Chicken Parm with Marinara Sauce and Mozzarella Cheese Pasta with Marinara Sauce and Mozzarella Cheese Peas Whole-Wheat Garlic Toast Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Yogurt and Fresh Fruit	Avocado Toast with Tomatoes	Cheese Cubes and Applesauce	Pita Wedges, Red Pepper Sticks and Guacamole	Bananas, Apple Slices and Sun Butter
	Water	Water	Water	Water	Water

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