

Our nutritious diverse meals are homemade from scratch and are dietitian approved to maximize nutrition. Wherever possible we include healthy additions such as whole-wheat or whole-grain options for bread, pasta and crackers as well as lower amounts of salt and sugar.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal & Milk Seasonal Fresh Fruit	Banana Blueberry Muffins Seasonal Fresh Fruit	Unsweetened Applesauce Rice Cakes	Wholegrain Cereal & Milk Seasonal Fresh Fruit	Yogurt & Puffed Wheat or Homemade Granola Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	<i>Baked Penne with Tomato, Lentil &amp; Vegetable Sauce &amp; Mozzarella Cheese</i> Green Beans Seasonal Fresh Fruit	Turkey & Salad Wraps <i>Cheese &amp; Salad Wraps</i> Baked Sweet Potato Wedges Carrot Sticks Seasonal Fresh Fruit	One Pot Philly Cheesesteak Pasta <i>One Pot Cheese-Bean Pasta</i> Corn Seasonal Fresh Fruit	<i>Healthy Homemade Tomato Soup</i> <i>Grilled Cheese Sandwiches</i> Cucumber Slices Seasonal Fresh Fruit	Jamaican Jerk Chicken <i>Jerk Tofu</i> Mini Naan Bread Garden Salad Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Berrylicious Smoothie Trail Mix	Crackers Ranch Dip Rainbow Pepper Sticks	Oatmeal Cookie Seasonal Fresh Fruit	Rice Cakes Hummus Carrot Sticks, Snap Peas	Apple Cinnamon Scone Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

- V=Vegetarian option listed in green
- Late afternoon pickups: remaining snack items as well as cereal mix
- To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log
- Infants will be offered the same as older children when developmentally appropriate

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Unsweetened Applesauce Rice Cakes	Wholegrain Cereal & Milk Seasonal Fresh Fruit	Lemon Raspberry Muffins Seasonal Fresh Fruit	Wholegrain Cereal & Milk Seasonal Fresh Fruit	Yogurt Mixed Berries
	Water	Water	Water	Water	Water
Lunch	<b>Vegetarian</b> Cheese Tortellini & Vegetable Primavera Peas Seasonal Fresh Fruit	Korean Beef, Veggie Rice Bowls <b>Vegetarian</b> Korean Ground Round, Veggie & Rice Bowls Cucumber Slices Seasonal Fresh Fruit	Baked Mexican Fish <b>Vegetarian</b> Black Bean & Corn Salad Baked Tortilla Triangles Corn Salad Seasonal Fresh Fruit	Chicken & Vegetable Pot Pie with Biscuit Topping <b>Vegetarian</b> Vegetable & Bean Pot Pie Broccoli Seasonal Fresh Fruit	Chef's Choice Menu Details will be posted on the menu changes form & the meal will include a serving from each of the food groups. Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Bagels with Cinnamon Cream Cheese Apple Slices	Pizza Triangles Cucumber Slices	Crackers, Cheese Cubes Pineapple Tidbits	Pumpkin Loaf Seasonal Fresh Fruit	Black Bean Brownies Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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AM Snack	Wholegrain Cereal & Milk Seasonal Fresh	Apple Cinnamon Muffins Seasonal Fresh Fruit	Wholegrain Cereal & Milk Seasonal Fresh Fruit	Unsweetened Applesauce Rice Cakes	Yogurt & Puffed Wheat or Homemade Granola Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Baked Penne With Tomato, Lentil & Vegetable Sauce and Mozzarella Cheese Green Beans Seasonal Fresh Fruit	Butternut Squash & Lentil Soup Turkey Sandwiches Cheese Sandwiches Cucumber Slices Seasonal Fresh Fruit	Honey Garlic Chicken Vegetable Fried Rice Tofu & Vegetable Fried Rice Seasonal Fresh Fruit	Mini Cheese Pizza on Whole-Wheat English Muffins Caesar Salad Seasonal Fresh Fruit	Butter Chicken Curry Paneer & Vegetable Curry Mini Naan Bread Peas Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Rice Cakes Carrot Sticks, Snap Peas Ranch Dip	Baked Savoury Pita Triangles Salsa & Cucumber Slices	Banana Mango Smoothie Trail Mix	Crackers with Herb & Garlic Cream Cheese Red Peppers & Cucumber	Banana Bread Seasonal Fresh Fruit
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AM Snack	Yogurt & Puffed Wheat or Homemade Granola Seasonal Fresh Fruit	Wholegrain Cereal & Milk Seasonal Fresh Fruit	Carrot Muffins Seasonal Fresh Fruit	Unsweetened Applesauce Rice Cakes	Wholegrain Cereal & Milk Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Butternut Squash Macaroni & Cheese Mixed Vegetables Seasonal Fresh Fruit	Black Bean & Vegetable Enchilada Rice Casserole Carrot Sticks Seasonal Fresh Fruit	Beef, Tomato & Mini Pasta Soup Bean, Tomato & Mini Pasta Soup Garlic Toast Carrot Sticks Seasonal Fresh Fruit	BBQ Chicken & Cheese Quesadillas Cheese & Black Bean Quesadillas Garden Salad Seasonal Fresh Fruit	Chef's Choice Menu Details will be posted on the menu changes form & the meal will include a serving from each of the food groups. Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Chocolate Hummus Apple Slices Pita Bread	Oatmeal Cookie Seasonal Fresh Fruit	Crackers, Cheese Cubes Pineapple Tidbits	Bagels with Cinnamon Cream Cheese Apple Slices	Blueberry Muffins Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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