

Morning Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	English muffin or bagel w/jelly	All natural yogurt	Bagel w/cream cheese	Whole grain apple cinnamon muffin	Fresh seasonal fruit
Week 2	Fresh seasonal fruit	All natural yogurt	Graham crackers	Healthy trail mix	English muffin w/jelly
Week 3	Fresh seasonal fruit	Healthy trail mix	All natural yogurt	Graham crackers	Bagel w/cream cheese
Week 4	Fresh seasonal fruit	All natural yogurt	Healthy trail mix	Fresh seasonal fruit	English muffin or bagel w/jelly
Week 5	All natural yogurt	Fresh seasonal fruit	Whole grain apple cinnamon muffin	Graham crackers	Fresh seasonal fruit
Week 6	All natural yogurt	Healthy trail mix	Fresh seasonal fruit	Applesauce	Bagel w/cream cheese



Afternoon Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Fresh seasonal fruit or vegetable	Animal crackers	Whole wheat cinnamon graham crackers	Fresh fruit or vegetable with dip	Chef's choice healthy snack
Week 2	Graham crackers	Blueberry muffin	Whole wheat crackers with jelly or hummus	Chef's choice healthy snack	Fresh seasonal fruit or vegetable
Week 3	Fresh vegetable with dip	Whole wheat cinnamon graham crackers	Chef's choice healthy snack	Fresh seasonal fruit or vegetable	Whole wheat crackers w/ cheddar cheese
Week 4	Animal crackers	Goldfish	Chef's choice healthy snack	Fresh fruit or fresh vegetables	Blueberry muffin
Week 5	Whole wheat crackers with jelly or hummus	Graham crackers	Fresh vegetable with dip	Goldfish	Chef's choice healthy snack
Week 6	Goldfish	Fresh seasonal fruit or vegetable	Chef's choice healthy snack	Graham crackers	Fresh vegetable with dip



Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Diced turkey with gravy, rice pilaf, cornbread, fruit, vegetable, milk	Pasta broccoli with mozzarella cheese, fruit, milk	Chef's choice pizza, vegetable, fruit, milk	Turkey taco w/ lettuce, tomato & cheddar cheese on tortilla, fruit, milk	Homemade mac & cheese, vegetable, fruit, milk
Week 2	Open face grd. turkey sloppy joes on wheat bread, vegetable, fruit milk	Chef's choice pizza, vegetable, fruit, milk	Fish sticks, rice pilaf, fruit, vegetable, milk	Cheddar grilled cheese sandwich on whole wheat bread, tomato soup, fruit, milk	Ground turkey goulash, fruit, vegetable, milk
Week 3	Homemade mac & cheese, vegetable, fruit, milk	Grilled chicken with rice pilaf, vegetable, fruit, milk	Pasta broccoli with mozzarella cheese, fruit, milk	Ricotta cheese ravioli w/tomato sauce, vegetable, fruit, milk	Chef's choice pizza, vegetable, fruit, milk



Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	Pancakes or waffles, turkey breakfast sausage, fruit, milk	Fish sticks, rice pilaf, fruit, vegetable, milk	Diced turkey w/rice pilaf, cornbread, vegetable, fruit, milk	Chef's choice pizza, vegetable, fruit, milk	Cheese quesadilla, tomato soup, fruit, milk
Week 5	Homemade mac & cheese, vegetable, fruit, milk	Turkey taco w/ lettuce, tomato & cheddar cheese on tortilla, fruit, milk	Chef's choice pizza, vegetable, fruit, milk	BBQ grilled chicken, chef's choice potatoes, vegetable, fruit, milk	Pasta broccoli w/mozzarella cheese, fruit, milk
Week 6	Open face grd. turkey sloppy joes on wheat bread, vegetable, fruit milk	Cheddar grilled cheese sandwich on whole wheat bread, tomato soup, fruit, milk	Ricotta cheese ravioli w/tomato sauce, vegetable, fruit, milk	Ground turkey goulash, fruit, vegetable, milk	Pancakes or waffles, turkey breakfast sausage, fruit, milk