

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cheerios, Seasonal Fresh fruit and Milk	French Toast Stick and Applesauce	Yogurt Parfait with Vanilla Yogurt, Seasonal Fresh fruit, and Granola	Whole Grain Waffle and Seasonal Fresh Fruit	Rice Cakes and Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Mac & Cheese Broccoli Peaches	Chicken Patty Sandwich Sun Butter and Jelly Sandwich Peas Seasonal 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 Seasonal Fresh Fruit	Pita Wedges and Cucumbers with Hummus	Sun Butter and Apple Slices with Graham Crackers	Blueberry Muffin with Cream Cheese and Seasonal 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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Crispy Cereal with Seasonal Fresh Fruit and Milk	Whole Wheat Bagel and Cream Cheese	Whole Wheat Pancakes with Seasonal Fresh Fruit	Corn Muffin and Seasonal 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 and Lettuce Seasonal Fresh Fruit Sweet Potato Fries	Veggie Nuggets Garden Salad Whole Wheat Dinner Rolls Seasonal Fresh Fruit	Black Bean Burger with Cheese Cucumbers Ranch Dressing Peaches	Toasted Cheese Sandwich Tomato Soup Green Beans Orange Wedges
	Milk	Milk	Milk	Milk	Milk
PM Snack	Yogurt and Seasonal Fresh Fruit	Avocado Toast with Tomatoes	Cheese Cubes and Applesauce	Pita Wedges, Pepper Sticks and Guacamole	Apple Slices and Sun Butter
	Water	Water	Water	Water	Water

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

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Crispy Cereal with Seasonal Fresh Fruit and Milk	Whole Wheat Bagel and Cream Cheese	Whole Wheat Pancakes with Seasonal Fresh Fruit	Corn Muffin and Seasonal Fruit	Low Fat Cottage Cheese and Peaches
	Water	Water	Water	Water	Water
Lunch	Sun Butter and Banana Sandwich Carrots Applesauce	Chicken and Cheese Quesadillas with lettuce Bean and Cheese Quesadillas Pineapples	Turkey Burger Toasted Cheese Sweet Potato Fries Cucumber Slices Pears	Pasta with Chicken and Cheddar Cheese Buttered Pasta with Cheddar Cheese Broccoli Pears	Chicken Parm with Marinara Sauce and Mozzarella Cheese Pasta with Marinara Sauce and Mozzarella Cheese Peas Whole-Wheat Garlic Toast Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Yogurt and Seasonal 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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