

MENU – WEEK 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK *Served with Milk	- Cereal - Fresh Fruit	- Whole wheat French Toast -Syrup -Fresh Fruit	-Greek Yogurt -Granola -Mixed Berries	- Whole Wheat Banana Muffins - Fresh Fruit	-Whole Wheat Bagels - Cream Cheese - Fresh Fruit
INFANT DAILY SOUP	White Bean	Chicken Noodle	Lasagna Soup	Minestrone Soup	Beef Barley
LUNCH *Served with Milk & Water	- Lemon Dill Sole -Brown Rice with Vegetables _ Fresh Fruit	- Beef, Red peppers and broccoli - Brown Rice - Fresh Fruit	- Chicken Pot Pie - Whole Wheat Bread - Fresh Fruit	- Minestrone Soup - Egg Salad Sandwiches - Fresh Fruit - Fresh Vegetables	- Butternut Squash Mac and Cheese - Peas - Fresh Fruit
PM SNACK *Served with Water	- Rice Cakes with Soy butter - Fresh Fruit	-Cheese -Whole Grain Crackers - Apples	- Haystack Cookies - Fresh Fruit	- Apple Sauce - Whole Grain Crackers	- Fruit Salsa - Cinnamon Tortilla Chips

- Fresh Vegetables includes a variety of the following; Green Peppers, Cucumber, Carrots, Cherry Tomatoes, Broccoli, Cauliflower
- All Breads are Whole Wheat
- Homogenized Milk is served daily to Infants and Toddlers
- 2% Milk is served daily to Preschoolers

MENU – WEEK 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK *Served with Milk	- Whole Wheat Bagels - Cream Cheese - Fresh Fruit	- Greek Yogurt with Rice Krispies - Banana	- Apple Cinnamon Oatmeal - Fresh Fruit	- Whole Grain Cereal - Fresh Fruit	- Hard Boiled Eggs - Whole Wheat Toast - Fresh Fruit
INFANT DAILY SOUP	Italian Vegetable	Potato Leek	Chicken Noodle	Tomato Hamburger	Tomato Basil
LUNCH *Served with Milk & Water	- Salmon Pasta Casserole - Peas and Carrots - Apple Sauce	- Beef Vegetable Stew - Whole wheat Bread - Fresh Fruit	- Chicken Noodle Soup - Grilled Cheese Sandwiches - Fresh Fruit	- Ginger Garlic Tofu stir Fry - Brown Rice - Fresh Fruit	- Roasted Vegetable Lasagna - Fresh Fruit
PM SNACK *Served with Water	- Trail Mix - Fresh Fruit	- Cheese - Melba Toast - Fresh Vegetables	- Black Bean Brownies - Fresh Fruit	- Mini Whole Wheat English - Muffin pizza - Fresh Fruit	- Whole Wheat Tortilla Banana Dogs - Fresh Fruit

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MENU – WEEK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK *Served with Milk	- Whole Wheat English Muffins - Cinnamon Butter - Fresh Fruit	- Whole Wheat Pancakes - Syrup - Fresh Fruit	- Whole Wheat Toast - Soy Butter - Home made Jam - Bananas	- Greek Yogurt Parfaits - Fresh Fruit	- Blueberry Muffins - Fresh Fruit
INFANT DAILY SOUP	Squash Sweet Potato	Broccoli	Vegetable Beef	Italian Wedding	Cream of Cauliflower
LUNCH *Served with Milk & Water	- Scrambled Eggs - Whole Wheat Toast - Tomatoes - Fresh Fruit	- Shepherd's Pie - Peas and Carrots - Whole Wheat Bread - Fresh Fruit	- Turkey Meatloaf - Roasted Potato - Corn - Fresh Fruit	- Maple Soy Salmon - Brown Rice - Broccoli - Fresh Fruit	- Tex Mex Chicken and Sweet Potato - Brown Rice - Fresh Fruit
PM SNACK *Served with Water	- Fresh Vegetable - Ranch Dressing - Triscuit Crackers	- Wow Butter Cookies - Fresh Fruit	- Spinach Dip - Crackers - Fresh Vegetables	- Whole Wheat Banana Bread - Fresh Fruit	- Rice Cakes - Cream Cheese - Fresh Fruit

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MENU – WEEK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK *Served with Milk	- Whole Grain Cereal - Fresh Fruit	- Brown Sugar Cinnamon Oatmeal - Fresh Fruit	-Hard Boiled Eggs - Whole Wheat Toast - Fresh fruit	- Apple Cinnamon Muffins - Fresh Fruit	- Fruit Smoothies - Whole What toast
INFANT DAILY SOUP	Potato Corn Chowder	Carrot	Cream of Mushroom	Vegetable Chili	Cream of Broccoli
LUNCH *Served with Milk & Water	- Lentil Sloppy Joes - Fresh Vegetables - Fresh Fruit	- Tuna Casserole - Peas - Fresh Fruit	- Turkey - Mashed Potatoes - Stuffing - Carrots - Gravy	- Vegetable Chili - Whole Wheat Buns - Fresh Vegetables - Fresh Fruit	- Cream of Broccoli Soup - Chicken Salad Sandwiches - Fresh Vegetables - Fresh Fruit
PM SNACK *Served with Water	- Fruit tray - Yogurt Dip - Whole Grain Crackers	- Taco Dip - Whole Grain Crackers - Fresh Vegetable	- Pumpkin Spice Bread - Fresh Fruit	- Apple Sauce Oatmeal Cookies - Fresh Fruit	- Chocolate Hummus - Fresh Fruit - Whole Grain Crackers

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