

Week One Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Turkey Sausage, WGR English Muffins, Hasbrown Potatoes, Milk	WGR Oatmeal with Raisins and Milk	Spinach Cheddar and Sweet Potato Egg Fritata, Pears and Milk	Greek Yogurt and Blueberry Muffins, Pineapple and Milk	WGR Multi Grain Cheerios, Bananas and Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Roasted Honey Thyme Chicken, Mixed Greens Salad w WW Crutons, Mandarin Oranges and Milk <i>*Peas, Canned Oranges</i>	Pepperoni Pizza Bake w WW Penne Noodles, Apple Slices, Green Beans and Milk <i>*Softened Apple Slices</i>	Tikka Masala Chicken, WGR Brown Rice, Bell Peppers, Mango and Milk	Corned Beef and Cabage, Roasted Carrots, WW Dinner Roll and Milk	Lemon Basil Chicken, Orzo Pasta, Asparagus, Sliced Grapes and Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Wheat Thins and String Cheese	Mini Corn Dog Muffins and Ketchup	Graham Crackers with Sunbutter and Bananas	Rice Cakes with Hummus and Bell Peppers	Lemon Poppyseed Bread and Apples <i>*Applesauce</i>

*Milk is served at both Breakfast and Lunch. Whole Milk for children 1-2 years old, Skim Milk for children ages 2-5

* Red Font indicates a toddler or infant alternative

*WG= Whole Grain WW= Whole Wheat HM= Home Made

Meal Patterns and Serving Sizes are posted in each classroom and in the kitchen on the freezer.

Week Two Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
WGR Frosted Mini Wheat Cereal, Bananas and Milk	Scrambled Eggs, WGR Toast, Strawberries and Milk	WW Waffles, Applesauce and Milk	WW Bagles w/ Cream Cheese, Peaches and Milk	Morning Glory Muffins, Sliced Grapes and Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Ceaser Salad, Apple Slices, WW Breadsticks and Milk <i>*Softened Apple Slices</i>	Al Pastor Tacos on WGR Corn Tortilla, Zucchini, Mango and Milk	WW Spaghetti with Beef Meatballs, Steamed Broccoli, Pears and Milk	Chicken Teryaki w/ "Fried" Brown Rice, Mixed Veggies, Pineapple and Milk	Calico Beans, Roasted Cauliflower, Orange Slices, WW Dinner Roll and Milk <i>*Mandarin Oranges</i>
SNACK	SNACK	SNACK	SNACK	SNACK
Animal Crackers and 100% Apple Juice	Cucumbers and Pretzles	Baked Sweet Potato Fry Poutine	Egg Salad and Ritz Crackers	Cheese Quesadillas on WW Tortillas and Salsa

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Week Three Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Vanilla Greek Yogurt, WGR Granola, Mixed Berries and Milk	Sweet Potato Pancakes, Bananas and Milk	Banana Bread, Apple Sauce and Milk	Biscuits and Gravy, Apple Slices and Milk <i>*Softened Apple Slices</i>	MG Cheerios, Strawberries and Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Swedish Beef Meatballs, Mashed Potatoes, Peas, WW Dinner Roll and Milk	Turkey and Cheese Sandwiches on WW Bread, Baby Carrots, Clementines and Milk <i>*Cooked Carrots and Mandarin Oranges</i>	Black Bean Burgers on WW Buns, Sweet Potato Fries, Honeydew and Milk	Roasted Chicken, Rice Pilaf, Asparagus, Peaches and Milk	Fish Sticks, WW Bread w/ Butter, Green Beans, Pears and Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Cheesy Bread w/ Marinara	Goldfish Crackers and Cottage Cheese	Turkey Sticks, Cheese Cubes and Triscuits	WW Pita Bread, Baby Carrots and Hummus <i>*Cooked Carrots</i>	Chex Mix w/ Roasted Chickpeas and Milk

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Week Four Menu

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Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Biscuits w/ Jelly, Orange Slices and Milk <i>*Mandarin Oranges</i>	Overnight Oats with Mixed Berries and Milk	Hashbrown Egg Bake, Strawberries and Milk	WW Pancakes, Bananas and Milk	Egg Burritos on WW Tortillas, Watermelon and Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Alfredo on WW/ Spaghetti Noodles, Peas, Apple Slices and Milk <i>*Softened Apple Slices</i>	BLT Sandwiches on WW Bread, Corn, Blueberries and Milk	Roast Turkey, Stuffing, Green Beans, Butternut Squash and Milk	Lentil Sloppy Joes on WW Bun, Mixed Veggies, Cantaloupe and Milk	Cheeseburgers on WW Bun, Oven Fries, Peaches and Milk
Snack	Snack	Snack	Snack	Snack
Vanilla Yogurt and Graham Crackers	WG Corn Chips w/ Salsa and 100% Grape Juice	Ham and Cheese Pinwheels on WW Tortillas	Tomato Soup and Breadsticks	English Muffin Cheese Pizzas

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Week Five Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
English Muffins, Turkey Bacon, Hashbrowns and Milk	French Toast Sticks, Applesauce and Milk	Bagles w/ Cream Cheese, Kiwi and Milk	WW Pancakes, Strawberries and Milk	Rice Krispies, Orange Slices and Milk <i>*Mandarin Oranges</i>
Lunch	Lunch	Lunch	Lunch	Lunch
Tuna Salad Wraps on WW Tortillas, Peas, Pears and Milk <i>*Turkey for those under 1</i>	Butter Chicken on WG Brown Rice, Roasted Cauliflower, Mango and Milk	BBQ Beef Sandwiches on WW Bun, Oven Roasted Potatoes, Watermelon and Milk	Creamy Chicken Noodles, Chicken Nuggets, Mixed Veggies, Grapes and Milk	"Lunchables" with Turkey, Cheese and Wheat Thins, Baby Carrots, Applesauce and Milk <i>*Cooked Carrots</i>
Snack	Snack	Snack	Snack	Snack
Cottage Cheese and Snap Peas	Wheat Thins and String Cheese	Animal Crackers and Bananas	Bruschetta and Cibatta Bread	Zuchinni "Apple Crisp" and Milk

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Week Six Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Zucchini Bread, Honeydew and Milk	WW Toast, Scrambled Eggs and Apple Slices <i>*Softened Apple Slices</i>	Biscuits and Gravy, Cantaloupe and Milk	WGR Oatmeal, Raisins and Milk	WW Waffles, Bananas and Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Roasted Pork Chops, Peaches, Mixed Green Salad w/ WW Crutons	Lagasana, Brussle Sprouts, Pears and Milk	Italian Pasta Salad w/ WW Rotini, Cucumbers, Strawberries and Milk	Black Bean Burrito Bowls with Brown Rice, Bell Peppers, Tomato Salsa and Milk	Meatloaf, Mashed Potatoes, Peas, WW Dinner Roll and Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Frozen Yogurt and Granola	Sunbutter and Banana Roll Ups on WW Tortillas	WW Pita Bread, Veggies, and Hummus	Cows in a Blanket (Beef Hotdogs in Crescent Rolls)	Chex Mix w/ Roasted Chickpeas and 100% Orange Juice

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Week Seven Menu

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BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Wheat Chex Cereal, Bananas and Milk	Morning Glory Muffins, Fruit Smoothie and Milk	WW French Toast Bake, Blueberries and Milk	Overnight Oats, Peaches and Milk	WW Toast w/ Sunbutter and Jelly, Honeydew and Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Stir Fry Noodles w/ Asian Blend Veggies, Pineapple and Milk	Cheese Pizza, Apple Slices, Garden Salad and Milk <i>*Applesauce</i>	Cheesy Chicken and Broccoli Rice Bake, Pears and Milk	Fish Tacos on WG Corn Tortillas, Corn, Mandarin Oranges and Milk	Chicken Pot Pie, Mixed Veggies, Cantaloupe and Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Mini Bagels w/ cream cheese and Orange Slices <i>*Mandarin Oranges</i>	Wheat Thins and String Cheese	Turkey Sticks and Snap Peas	Goldfish Crackers and Yogurt Covered Raisins	Chocolate Protein Pudding, Graham Crackers and Strawberries

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Week Eight Menu

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BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Sweet Potato Pancakes, Pineapple and Milk	Scrambled Eggs, WW Toast, Mixed Berries and Milk	WGR Oatmeal, Craisins and Milk	WW English Muffins w/ Jelly, Kiwi and Milk	WGR Cinnamon Oatmeal Square Cereal, Bananas and Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
WW Cheesy Italian Dunkers w/ Meat Marinara Sauce, Zucchini, Pears and Milk	Grilled Cheese on WW Bread, Tomato Soup, Roasted Cauliflower and Milk	Chicken Gyros w/ Pita Bread, Cucumber and Tomato Salad, Cantaloupe and Milk	Pot Roast, Roasted Potatoes and Carrots, WW Dinner Roll and Milk	"Hidden Veggie" Mac and Cheese w/ Beef Meatballs, Peas, Sliced Grapes and Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Edamame and Chicken Gyoza	Pumpkin Bars and Milk	Cheese Cubes and Wheat Thins	Apples and Greek Yogurt Fruit Dip <i>*Softened Apple Slices</i>	Pretzles and Cucumbers

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