# Weekly Snack & Lunch Menu

July 11 <sup>th</sup> -15 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
-			Preschool			
	Whole Grain	Cinnamon Greek	Cheerios &	Hummus &	Cooking	
	Cracker & Fresh	Yogurt Dip &	Fresh Fruit	Carrots	Waffles & Milk	
AM Snack	Fruit	Apples				
			Infant & Toddlers			
	Whole Grain	Cinnamon Greek	Cheerios &	Hummus &	Cooking	
	Cracker & Fresh	Yogurt Dip &	Fresh Fruit	Carrots	Waffles & Milk	
	Fruit	Apples				
	Split Pea Soup	Cucumber and	Ground Beef	Chicken,	"Make Your	
Lunch	with Carrots,	Cream Cheese	with Broccoli,	Veggies and	Own Tacos"	
	Tortilla,	Sandwich	Brown Rice,	Rice Soup,	(Lettuce,	
	Melon & Milk	Oranges & Milk	Melon & Milk	Apples & Milk	tomatoes, cheese	
					and chicken),	
					Oranges & Milk	
	Preschool					
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Pita	Pretzels	
	Apples	Pears	Multi-Grain	Bread	&Bananas	
PM Snack			Rice Crackers			
Infant & Toddlers						
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Pita	Graham	
	Apples	Pears	Multi-Grain	Bread	Crackers	
			<b>Rice Crackers</b>		& Bananas	

July $18^{\text{th}} - 22^{\text{nd}}$	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Graham	
	Crackers &	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &	
AM Snack	Fresh Fruit			& Milk	Apples	
			Infant & Toddlers			
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Graham	
	Crackers &	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &	
	Fresh Fruit			& Milk	Apples	
	Grilled Cheese	Chicken, Noodle	Vegetable ,Beef	Quesadillas	Chicken, Stir	
Lunch	Sandwich,	and Vegetables	& Rice Soup,	Mixed	Fry Vegetables,	
	Green Beans,	Casserole,	Apples & Milk	Vegetables	Rice, Pears &	
	Apples & Milk	Apples & Milk		Pears & Milk	Milk	
	Preschool					
	Cheerios &	Graham	Fresh Fruit &	Banana and Milk	Hummus &	
	100% Grape	Crackers &	Pretzels	Smoothie	Carrots	
PM Snack	Juice	Oranges		w/Oats		
			Infant & Toddlers			
	Cheerios &	Graham	Fresh Fruit &	Banana and Milk	Hummus &	
	100% Grape	Crackers &	Cereal	Smoothie	Carrots	
	Juice	Oranges		w/Oats		

#### Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily <u>Menu Subject to Change</u>

Weekly Snack & Lunch Menu

July 25 <sup>th</sup> – 29 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
•	•	· · ·	Preschool		· · · ·	
	Graham	Cooking	Cucumber Slices	Bagels with	Pita Bread &	
	Crackers	Pancakes &	&	Cream Cheese &	Apples	
AM Snack	& Apples	Milk	Hummus	100% Orange		
				Juice		
			<b>Infant &amp; Toddlers</b>			
	Graham	Cooking	Cucumber Slices	Bagels with	Pita Bread &	
	Crackers	Waffles & Milk	&	Cream Cheese &	Apples	
	&		Hummus	100% Orange		
	Apples			Juice		
	Chicken	Broccoli & Beef,	Chicken Noodle	Teriyaki	Lasagna,	
Lunch	Nuggets	Potatoes,	& Veggie Soup,	Chicken,	Pears	
	"Tater Tots"	Pears	Melon	Brown Rice,	& Milk	
	Mixed Veggies	& Milk	& Milk	Green Beans,		
	Oranges & Milk			Oranges & Milk		
			Preschool			
	Yogurt	Cube Cheese &	Wheat English	Multi-Grain	Cheerios	
	& Fresh Fruit	Pretzels	Muffin	Rice Crackers	& Fresh Fruit	
PM Snack			& Fresh Fruit	& Bananas		
	Infant & Toddlers					
	Yogurt	Cube Cheese &	Wheat English	Multi-Grain	Cheerios	
	&	Whole Grain	Muffin	Rice Crackers	&	
	Fresh Fruit	Cracker	& Fresh Fruit	&	Fresh Fruit	
				Bananas		

August 1 <sup>st</sup> -5 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Cereal	Hummus &	Cooking	Graham	Cheese Cubes &	
	& 100% Juice	Carrots	Quesadilla	Crackers & Milk	Apples	
AM Snack	Infant & Toddlers					
	Cereal	Hummus &	Strips of Tortilla	Graham	Cheese Cubes &	
	&	Carrots	& Cheese	Crackers	Apples	
	100% Juice			& Milk		
	Lentil Soup,	Baked Chicken,	Spaghetti with	Vegetable, Beef	Mac & Cheese,	
	Tortilla,	Mashed	Meat Sauce,	and Rice Soup,	Mixed	
Lunch	Baby Carrots,	Potatoes, Green	Peas, Apples	Oranges	Vegetables,	
	Pears & Milk	Beans, Melon &	& Milk	& Milk	Pears & Milk	
		Milk				
	Preschool					
	Apples	Wheat English	Whole Grain	Yogurt &	Pita Bread	
	&	Muffin	Crackers	Apples	With Cream	
PM Snack	Hard Boiled	&	&		Cheese	
	Eggs	Fresh Fruit	Oranges			
			Infant & Toddlers			
	Apples	Wheat English	Whole Grain	Yogurt &	Pita Bread	
	&	Muffin	Crackers	Apples	With Cream	
	Hard Boiled	&	&		Cheese	
	Eggs	Fresh Fruit	Oranges			

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August 8 <sup>th</sup> -12 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday			
		Preschool						
	Yogurt &	Graham	Herb Greek	Cube Cheese &	Cooking			
	Apples	Crackers	Yogurt Dip &	Fresh Fruit	Tortilla with			
AM Snack		& Pears	Carrots		Butter & Milk			
			Infant & Toddlers					
	Yogurt &	Graham	Herb Greek	Cottage Cheese	Tortilla			
	Apples	Crackers	Yogurt Dip &	& Whole Grain	& Milk			
		& Pears	Carrots	Crackers				
	Turkey, Grilled	Pizza,	"Chili Con	Baked Chicken,	Chicken,			
	Cheese	Salad,	Carne" Broccoli,	Brown Rice,	Vegetables and			
Lunch	Sandwich, Green	Oranges & Milk	Apples & Milk	Carrots, Melon	Noodles			
	Beans, Oranges			& Milk	Casserole			
	& Milk				Melon & Milk			
	Preschool							
	Whole Grain	Hard Boiled Egg	Oranges &	Hummus & Pita	Pretzels &			
	Cracker & 100%	& Cheerios	Cheerios	Bread	Bananas			
PM Snack	Pineapple Juice							
			Infant & Toddlers					
	Whole Grain	Hard Boiled Egg	Oranges &	Hummus & Pita	Cheerios &			
	Cracker &	& Cheerios	Cheerios	Bread	Bananas			
	Cottage Cheese							

August 15 <sup>th</sup> – 19 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
August 15 – 17	wonday	Tucsuay	Preschool	Thur sudy	Filday
	Multi-Grain	Cooking	Graham	Apples & Wheat	Pita Bread &
	Rice Crackers	Scrambled Eggs	Crackers & Milk	English Muffin	Fresh Fruit
AM Snack	&	& Oranges			
	Fresh Fruit				
			Infant & Toddlers	1	
	Multi-Grain	Cooking	Graham	Apples & Wheat	Pita Bread &
	Rice Crackers	Scrambled Eggs	Crackers &	English Muffin	Fresh Fruit
	&	& Oranges	Milk	U	
	Fresh Fruit	C			
	Fish Sticks	Mac n 'Cheese	Chicken	"Make Your	Minestrone Soup
	"Tater Tots"	Mixed	Quesadillas,	Own Tacos"	Pears & Milk
Lunch	Green Beans	Vegetables	Peas	(Lettuce,	
	Melon & Milk	Apples & Milk	Oranges & Milk	tomatoes, cheese	
				and beef), Pears	
				& Milk	
			Preschool		
	Cheese &	Yogurt & Whole	Banana, Oats	Herb Greek	Hummus &
	Cheerios	Grain Crackers	and Milk	Yogurt Dip &	Carrot Sticks
PM Snack			Smoothie	Cucumber Slices	
			Infant & Toddlers		
	Cheese &	Yogurt & Whole	Banana, Oats	Herb Greek	Hummus &
	Cheerios	Grain Crackers	and Milk	Yogurt Dip &	Carrot Sticks
			Smoothie	Cucumber Slices	

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Page 4 of 4

Weekly Snack & Lunch Menu

August 22 <sup>nd</sup> -26 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
		1 des dug	Preschool	1111154445	y
	Multi-Grain	Oranges &	Bagel,	Cooking	Yogurt & Fresh
	Rice Crackers &	Wheat English	Cream Cheese	Toast with	Fruit
AM Snack	Fresh Fruit	Muffin	& 100% Orange	Butter &	
			Juice	Fresh Fruit	
			Infant & Toddlers		
	Multi-Grain	Oranges &	Bagel,		Yogurt & Fresh
	Rice Crackers &	Wheat English	Cream Cheese	Strips of Bread	Fruit
	Fresh Fruit	Muffin	& 100% Orange	& Fresh Fruit	
			Juice		
	Turkey and	Split Pea Soup	Baked Chicken,	Pizza, Salad,	Spaghetti with
Lunch	Cheese	with carrots,	Brown Rice,	Apples & Milk	Meat Sauce,
	Sandwich,	Apples & Milk	Mixed Veggies,		Peas, Apples &
	Carrots, Melon		Oranges & Milk		Milk
	& Milk				
			Preschool		
	Cheese Cubes &	Graham	Hummus & Pita	Cheerios &	Carrots sticks &
	Pretzels	Crackers	Bread	Bananas	Herb Greek
PM Snack		&			Yogurt Dip
		Melon			
			Infant & Toddlers		
	Cheese Cubes &	Graham	Hummus & Pita	Cheerios &	Carrots sticks &
	Whole Grain	Crackers	Bread	Bananas	Herb Greek
	Crackers	&			Yogurt Dip
		Melon			

August 29 <sup>th</sup> –Sept. 2 <sup>nd</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Cereal	Hummus &	Cooking	Cheerios &	Graham		
	&	Carrots	Oatmeal & Milk	Pears	Crackers		
AM Snack	100% Juice				& Fresh Fruit		
	Infant & Toddlers						
	Cereal	Hummus &	Cooking	Cheerios &	Graham		
	&	Carrots	Oatmeal & Milk	Pears	Crackers		
	100% Juice				& Fresh Fruit		
	Chicken	Meat Loaf	Lentil Soup,	BBQ Chicken,	Macaroni &		
Lunch	Nuggets	Brown Rice	Carrots, Tortilla,	Mashed	Beef,		
	"Tater Tots"	Green Beans	Melon & Milk	Potatoes,	Peas,		
	Carrots, Fresh	Melon		Mixed	Apples		
	Fruit & Milk	& Milk		Vegetables,	& Milk		
				Pears			
				& Milk			
	Preschool						
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &		
	Crackers &	Muffin & Cream	Cinnamon Dip		Cheese		
PM Snack	Oranges	Cheese	& Apples				
			Infant & Toddlers				
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain		
	Crackers &	Muffin & Cream	Cinnamon Dip		Crackers &		
	Oranges	Cheese	& Apples		Cheese		

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