| Sept. 5 <sup>th</sup> -9 <sup>th</sup> | Monday | Tuesday        | Wednesday         | Thursday      | Friday           |  |  |
|--|--------|----------------|-------------------|---------------|------------------|--|--|
| -                                      |        | Preschool      |                   |               |                  |  |  |
|  | School | Cinnamon Greek | Cheerios &        | Hummus &      | Cooking          |  |  |
|  | Closed | Yogurt Dip &   | Fresh Fruit       | Carrots       | Waffles & Milk   |  |  |
| AM Snack                               |        | Apples         |                   |               |                  |  |  |
|  |        | <u>.</u>       | Infant & Toddlers |               |                  |  |  |
|  | School | Cinnamon Greek | Cheerios &        | Hummus &      | Cooking          |  |  |
|  | Closed | Yogurt Dip &   | Fresh Fruit       | Carrots       | Waffles & Milk   |  |  |
|  |        | Apples         |                   |               |                  |  |  |
|  |        | Cucumber and   | Ground Beef       | Chicken,      | "Make Your       |  |  |
| Lunch                                  | School | Cream Cheese   | with Broccoli,    | Veggies and   | Own Tacos"       |  |  |
|  | Closed | Sandwich       | Brown Rice,       | Rice Soup,    | (Lettuce,        |  |  |
|  |        | Oranges & Milk | Melon & Milk      | Apples & Milk | tomatoes, cheese |  |  |
|  |        |                |                   |               | and chicken),    |  |  |
|  |        |                |                   |               | Oranges & Milk   |  |  |
|  |        |                | Preschool         |               |                  |  |  |
|  | School | Cheese Cubes & | Oranges &         | Pears & Pita  | Pretzels         |  |  |
|  | Closed | Pears          | Multi-Grain       | Bread         | &Bananas         |  |  |
| PM Snack                               |        |                | Rice Crackers     |               |                  |  |  |
|  |        |                | Infant & Toddlers |               |                  |  |  |
|  | School | Cheese Cubes & | Oranges &         | Pears & Pita  | Graham           |  |  |
|  | Closed | Pears          | Multi-Grain       | Bread         | Crackers         |  |  |
|  |        |                | Rice Crackers     |               | & Bananas        |  |  |

Weekly Snack & Lunch Menu

| Sept. 12 <sup>th</sup> -16 <sup>th</sup> | 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

| Sept. 19 <sup>th</sup> -23 <sup>rd</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          |               |  |
|  |                   |                  | Infant & Toddlers |                |               |  |
|  | 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        |               |  |

| Sept. 26 <sup>th</sup> -30 <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 |                 |                    |                 |                |  | 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            |                 |                |  |                   |  |  |  |  |

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

| Oct. 3 <sup>rd</sup> -7 <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  |                 |                   |                |                |  |  |

| <b>Oct.</b> 10 <sup>th</sup> -14 <sup>th</sup> | Monday            | Tuesday        | Wednesday         | Thursday         | Friday          |  |  |
|--|-------------------|----------------|-------------------|------------------|-----------------|--|--|
|  |                   |                | Preschool         |                  |                 |  |  |
|  | 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 |                  |                 |  |  |
|  | Multi-Grain       | Cooking        | Graham            | Apples & Wheat   | Pita Bread &    |  |  |
|  | Rice Crackers     | Scrambled Eggs | Crackers &        | English Muffin   | Fresh Fruit     |  |  |
|  | &                 | & Oranges      | Milk              |                  |                 |  |  |
|  | Fresh Fruit       |                |                   |                  |                 |  |  |
|  | 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  |                 |  |  |
|  |                   |                |                   |                  |                 |  |  |

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

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Weekly Snack & Lunch Menu

| <b>Oct.</b> 17 <sup>th</sup> -21 <sup>st</sup> | Monday          | Tuesday        | Wednesday         | Thursday        | Friday           |  |  |
|--|-----------------|----------------|-------------------|-----------------|------------------|--|--|
|  |                 |                | Preschool         |                 |                  |  |  |
|  | 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          |                   |                 |                  |  |  |

| Oct. 24 <sup>th</sup> -28 <sup>th</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        |  |

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