Weekly Snack & Lunch Menu

Jan. 5 <sup>th</sup> -9 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Bananas &	Cooking	Cheese &	Milk and Chex	Cooking	
	Cheerios	Pancakes and	Apples	mix	Tortilla with	
AM Snack		milk			Butter & Milk	
			Toddlers			
	Bananas &	Cooking	Cheese &	Milk and Chex	Tortilla	
	Cheerios	Pancakes and	Apples	mix	& Milk	
		milk				
	Macaroni &	Baked Chicken,	"Chili Con	Chicken,	Beef, Vegetable	
	Beef,	Brown Rice,	Carne", corn,	Vegetables and	& Rice Soup,	
Lunch	Broccoli	steamed veggies	Pears & Milk	Noodles	Apples & Milk	
	Applesauce	Pineapple &		Casserole		
	& Milk	Milk		Fruit & Milk		
	Preschool					
	Whole Grain	Pretzels &	Goldfish	Hummus &	Yogurt and	
	Crackers &	Bananas	crackers &	Celery Sticks	Apples	
PM Snack	Cheese		100% Pineapple	-		
			Juice			
			Toddlers			
	Whole Grain	Cheerios &	Goldfish	Hummus &	Yogurt and	
	Crackers &	Bananas	crackers &	Celery Sticks	Apples	
	Cheese		100% Pineapple			
			Juice Oranges &			
			Cheerios			

Water is served throughout the day and with lunch and snacks <u>Menu Subject to Change</u>

<b>Jan. 12<sup>th</sup>- Jan. 16<sup>th</sup></b>	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Cereal	Cooking	Graham	Apples & Wheat	Wheat Thins &	
	&	Scrambled Eggs	Crackers & Milk	English Muffin	Fruit	
AM Snack	Fruit	& Oranges				
			Toddlers			
	Cereal	Cooking	Graham	Apples & Wheat	Pita Bread &	
	&	Scrambled Eggs	Crackers &	English Muffin	Fruit	
	Fruit	& Oranges	Milk			
	Fish Sticks	Pizza	"Make Your	Chicken	Minestrone Soup	
	"Tater Tots"	salad	Own Tacos"	Quesadillas	Pears & Milk	
Lunch	Green Beans	Apples & Milk	(Lettuce,	Mixed		
	Melon & Milk		tomatoes, cheese	Vegetables		
			and beef), Pears	Oranges & Milk		
			& Milk			
	Preschool					
	Cheese &	Yogurt & Whole	Banana and Milk	Herb Greek	Hummus &	
	Wheat Thins	Grain Crackers	Smoothie	Yogurt Dip &	Celery Sticks	
PM Snack				Carrots		
	Toddlers					
	Cheese &	Yogurt & Whole	Banana and Milk	Herb Greek	Hummus &	
	Cheerios	Grain Crackers	Smoothie	Yogurt Dip &	Celery Sticks	
				Carrots		

Weekly Snack & Lunch Menu

<u>Menu Subject to Change</u>						
Jan. 19 <sup>th</sup> - Jan. 23 <sup>rd</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	SCHOOL	Cooking	Cucumber Slices	Bagels with	Cheese Cubes &	
	CLOSED	Pancakes &	&	Cream Cheese &	Apples	
AM Snack		Milk	Hummus	100% Orange		
				Juice		
			Toddlers			
	SCHOOL	Cooking	Cucumber Slices	Bagels with	Cheese Cubes &	
	CLOSED	Pancakes &	&	Cream Cheese &	Apples	
		Milk	Hummus	100% Orange		
				Juice		
	SCHOOL	Broccoli & Beef,	Chicken Noodle	Teriyaki	Lasagna,	
Lunch	CLOSED	rice,	& Veggie Soup,	Chicken,	Pears	
		Pears	Melon	Brown Rice,	& Milk	
		& Milk	& Milk	Mixed		
				Vegetables,		
				Oranges & Milk		
	Preschool					
	SCHOOL	Cube Cheese &	Wheat English	Chex Cereal	Wheat Thins	
	CLOSED	Pretzels	Muffin	& Bananas	& Fresh Fruit	
PM Snack			& Fresh Fruit			
	Toddlers					
	SCHOOL	Cube Cheese &	Wheat English	Chex Cereal	Cheerios	
	CLOSED	Whole Grain	Muffin	&	&	
		Cracker	& Fresh Fruit	Bananas	Fresh Fruit	

### Water is served throughout the day and with lunch and snacks

Jan. 26 <sup>th</sup> - Jan. 30 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Cereal	Hummus &	Cooking	Graham	Chex Cereal &	
	& 100% Juice	Carrots	Quesadilla	Crackers & Milk	Apples	
AM Snack	Toddlers					
	Cereal	Hummus &	Strips of Tortilla	Graham	Chex Cereal &	
	&	Carrots	& Cheese	Crackers	Apples	
	100% Juice			& Milk		
	Turkey and	Baked Chicken,	Spaghetti with	Vegetable, Beef	Teriyaki	
	Cheese	Mashed	Meat Sauce,	and Barley	Chicken,	
Lunch	Sandwich,	Potatoes, Peas,	Peas, Apples	Soup, Oranges	Brown Rice,	
	Baby Carrots,	Melon & Milk	& Milk	& Milk	Mixed	
	Pears & Milk				Vegetables,	
					Pears & Milk	
	Preschool					
	Apples	Wheat English	Whole Grain	Yogurt &	Pita Bread	
	&	Muffin	Crackers	Apples	With Cream	
PM Snack	Hard Boiled	&	&		Cheese & 100%	
	Eggs	Fresh Fruit	Oranges		Juice	
	Toddlers					
	Apples	Wheat English	Whole Grain	Yogurt &	Pita Bread	
	&	Muffin	Crackers	Apples	With Cream	
	Hard Boiled	&	&		Cheese & 100%	
	Eggs	Fresh Fruit	Oranges		Juice	

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Weekly Snack & Lunch Menu

# Water is served throughout the day and with lunch and snacks <u>Menu Subject to Change</u>

Feb. 2 <sup>nd</sup> - Feb. 6 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Whole Grain	Cinnamon Greek	Cottage Cheese	Hummus &	Cooking	
	Cracker & 100&	Yogurt Dip &	& Fresh Fruit	Carrots	Waffles & Milk	
AM Snack	Pineapple Juice	Apples				
			Toddlers			
	Whole Grain	Cinnamon Greek	Cottage Cheese	Hummus &	Cooking	
	Cracker & 100&	Yogurt Dip &	& Fresh Fruit	Carrots	Waffles & Milk	
	Pineapple Juice	Apples				
	Split Pea Soup	BBQ Chicken,	Ground Beef	Chicken,	"Make Your	
Lunch	with Carrots	Brown Rice,	with Broccoli,	Veggies and	Own Tacos"	
	Melon & Milk	Green Beans,	Brown Rice,	Barley Soup,	(Lettuce,	
		Oranges & Milk	Melon & Milk	Apples & Milk	tomatoes, cheese	
					and chicken),	
					Oranges & Milk	
	Preschool					
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Peta	Pretzels	
	Apples	Pears	Wheat Thins	Bread	&Bananas	
PM Snack						
			Toddlers			
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Peta	Graham	
	Apples	Pears	Cheerios	Bread	Crackers	
					& Bananas	

Feb. 9 <sup>th</sup> - Feb. 13 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Chex Cereal &	Cube Cheese &	Cucumber Slices	Cooking	Graham	
	Fresh Fruit	Peta Bread	& Whole Grain	Scrambled Eggs	Crackers &	
AM Snack			Crackers	& Milk	Apples	
			Toddlers			
	Chex Cereal &	Cube Cheese &	Cucumber Slices	Crackers	Graham	
	Fresh Fruit	Peta Bread	& Whole Grain	& Milk	Crackers &	
			Crackers		Apples	
	Grilled Cheese	Chicken, Noodle	Pizza,	Quesadillas	BBQ Chicken,	
Lunch	Sandwich,	and Vegetables	Salad,	Mixed	brown rice,	
	Green Beans,	Casserole,	Oranges & Milk	Vegetables	Veggies	
	Apples & Milk	Apples & Milk		Pears & Milk	Pears & Milk	
	Preschool					
	Wheat Thins &	Banana and Milk	Chex Cereal &	100% Juice &	Hummus &	
	100% Grape	Smoothie	Oranges	Pretzels	Carrots	
PM Snack	Juice	w/Oats				
Toddlers						
	Wheat Thins &	Banana and Milk	Chex Cereal &	100% Juice &	Hummus &	
	100% Grape	Smoothie	Oranges	Cereal	Carrots	
	Juice	w/Oats				

# Weekly Snack & Lunch Menu

### Water is served throughout the day and with lunch and snacks <u>Menu Subject to Change</u>

Feb. 16 <sup>th</sup> – Feb. 20 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	SCHOOL	Oranges &	Bagel,	Cooking	Yogurt & Fresh	
	CLOSED	Wheat English	Cream Cheese	Toast with	Fruit	
AM Snack		Muffin	& 100% Orange	Butter &		
			Juice	Fresh Fruit		
			Toddlers			
	SCHOOL	Oranges &	Bagel,		Yogurt & Fresh	
	CLOSED	Wheat English	Cream Cheese	Strips of Bread	Fruit	
		Muffin	& 100% Orange	& Fresh Fruit		
			Juice			
	SCHOOL	Split Pea Soup	Baked Chicken,	Pizza, Salad,	Spaghetti with	
Lunch	CLOSED	with carrots,	Brown Rice,	Apples & Milk	Meat Sauce,	
		Apples & Milk	Mixed Veggies,		Peas, Apples &	
			Oranges & Milk		Milk	
	Preschool					
	SCHOOL	Graham	Broccoli with	Chex Cereal &	Carrots sticks &	
	CLOSED	Crackers	Ranch & Peta	Bananas	Herb Greek	
PM Snack		&	Bread		Yogurt Dip	
		Melon				
	Toddlers					
	SCHOOL	Graham	Broccoli with	Chex Cereal &	Carrots sticks &	
	CLOSED	Crackers	Ranch & Peta	Bananas	Herb Greek	
		&	Bread		Yogurt Dip	
		Melon				