



Nov. 17 to Nov. 21

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole wheat crackers & bananas	Waffles & Orange Juice	Cheddar cheese & English muffins	Pancakes & Bananas	Apples and cinnamon cream cheese dip
Lunch	"Make your Own" tacos with beef, cheese, lettuce, tomatoes Applesauce & Milk	Whole Wheat Spaghetti W/meat Sauce Green Beans Watermelon & Milk	Fish Sticks Brown Rice & Mixed Veggies Pineapple & Milk	Beef and Veggie Soup Fruit & Milk	Teriyaki Chicken Rice Mixed Vegetables Pineapple & Milk
PM Snack	Herbed yogurt dip and veggie sticks	Whole grain crackers & Celery with ranch	Oranges & Goldfish Crackers	Yogurt & cheerios	Graham crackers and Fruit smoothies

Nov. 24 to Nov. 28

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Applesauce and whole wheat crackers	Cheerios and Bananas	Apples & Cinnamon yogurt dip	School closed	School closed
Lunch	Lasagna Green beans Watermelon & Milk	Split Pea soup with carrots Tortillas Oranges & Milk	Children's feast Baked chicken, stuffing, green bean casserole, fruit salad and milk	School closed	School closed
PM Snack	yogurt & Graham crackers	hummus and Veggie sticks	Oranges & Whole wheat crackers	School closed	School closed

Items highlighted in yellow classroom cooking activities
Water is offered to children for every meal

Weekly Menu



Dec. 1 to Dec. 5

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole grain Cereal & Milk	Multi-Grain English muffins/jelly & Apple Juice	Bananas and yogurt	cheerios & 100% fruit Juice	Cheddar Omelet & milk
Lunch	Chicken Nuggets Mashed potatoes corn Oranges & Milk	Teriyaki Chicken Rice Mixed Vegetables Pineapple & Milk	Whole wheat Spaghetti W/ meat Sauce Green Beans Pears & Milk	Chicken noodle soup and Kale Crackers Applesauce & Milk	Turkey and cheese sandwich Carrots with ranch Apples & Milk
PM Snack	Apples & Cinnamon cream cheese dip	Tuna and whole wheat crackers	Herbed yogurt dip & Cucumber slices	Veggie sticks w/hummus	Bananas and yogurt

Dec. 8 to Dec. 12

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cheerios & bananas	Oatmeal & milk	Cheese cubes & apples	Whole wheat crackers & bananas	Multi-Grain English muffins and cinnamon cream cheese
Lunch	Pizza Salad oranges & Milk	Lentil soup with tomato and cilantro Tortillas Oranges & Milk	Sloppy Joes Baby Carrots w/ dip melon & Milk	Lasagna Peas Fruit & Milk	Baked Chicken Mashed Potatoes Peas Peaches & Milk
PM Snack	Apples & cinnamon yogurt	Veggie sticks & Herbed yogurt dip	Banana Milk Shake & Graham Crackers	Yogurt & Mandarin oranges	Veggie sticks w/hummus

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Weekly Menu

Dec. 15 to Dec. 19

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cereal & Bananas	Toasted Multi-Grain English Muffin & Cooked egg	Apples and sunflower butter	Trial Mix & Pineapple Juice	Whole wheat toast and Jelly & milk
Lunch	Cheese Quesadillas With black beans and corn Apples & Milk	Turkey and Cheese Sandwiches Celery Sticks w/Dip Oranges & Milk	Teriyaki Chicken Rice w/ Mixed Vegetables Pineapple & Milk	Chicken, veggies, and noodle casserole Pears & Milk	Hand Breaded chicken strips Mashed potatoes Baby carrots w/dip Oranges & Milk
PM Snack	Graham Crackers & Fresh Fruit	Veggie sticks & Herbed yogurt	Cottage cheese & Orange slices	Cheese & Tortilla squares	Apples & Wheat Thins

Dec. 22 to Dec. 26

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Graham Crackers & Cream Cheese	cheese & apples	School closed	School closed	School closed
Lunch	Beef, rice, and Vegetable Stew Crackers Fruit & Milk	Taco Salad Pineapple & Milk	School closed	School closed	School closed
	Veggie sticks & Herbed yogurt	Graham Crackers & Cream cheese	School closed	School closed	School closed

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Items highlighted in yellow classroom cooking activities
Water is available at every meal



Weekly Menu

Dec. 29 to Jan. 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	School closed	School closed	School closed	School closed	applesauce & Whole wheat thins
Lunch	School closed	School closed	School closed	School closed	Turkey and Cheese Sandwiches Carrots w/Dip Oranges & Milk
PM Snack	School closed	School closed	School closed	School closed	Cheese quesadillas

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Jan. 5 to Jan. 9

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Oatmeal & Milk	Spinach & Egg omelet	Animal Crackers & Orange Juice	Whole grain Cheerios & Apple Juice	Whole grain Wheat Thins & Fresh Fruit
Lunch	Meat Loaf Mashed Potatoes Peas N' Carrots Apples & Milk	Fish Sticks Brown Rice w/ veggies Apples & Milk	Chili Con Carne Tortilla Chips Corn Oranges & Milk	Beef soup With rice and veggies Melon & Milk	Black bean and corn quesadillas Apple Sauce & Milk
PM Snack	Banana Milk Shake & Graham Crackers	Apples & cinnamon yogurt	Veggie sticks & Herbed yogurt dip	Cheese and bean Quesadillas	Cottage cheese & Orange slices

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