# Weekly Snack & Lunch Menu

Sept. 15 <sup>th</sup> -Sept, 22 <sup>nd</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
AMG 1	Cheerios & Milk	Multi-Grain English muffins/jelly	Bananas and yogurt	Whole wheat crackers &	Cheddar Omelet & milk		
AM Snack		& Apple Juice		100% fruit Juice			
			Toddlers	1			
	Cheerios & Milk	Multi-Grain English muffins/jelly & Apple Juice	Bananas and yogurt	Whole wheat crackers & 100% fruit Juice	Cheddar Omelet & milk		
	Chicken Nuggets	BBQ Chicken Rice	Spaghetti W/ meat	Chicken noodle soup with vegies	Turkey and cheese sandwich		
Lunch	Tator Tots corn peaches & Milk	Mixed Vegetables Pineapple & Milk	Sauce Green Beans Pears & Milk	Applesauce & Milk	Carrots with ranch Fruit & Milk		
	Preschool						
PM Snack	Herbed yogurt dip & Veggie sticks	Tuna and whole wheat crackers	Apples & Cinnamon cream cheese dip	Veggie sticks w/hummus	Bananas and yogurt		
	Toddlers						
	Herbed yogurt dip & Veggie sticks	Tuna and whole wheat crackers	Apples & Cinnamon cream cheese dip	Veggie sticks w/hummus	Bananas and yogurt		

# Water is served throughout the day and with lunch and snacks Menu Subject to Change

Sept. 22 <sup>nd</sup> -26 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
			Preschool		
	Yogurt &	Graham	Herb Greek	Cheese & Fruit	Cooking
	Apples	Crackers	Yogurt Dip &		Tortilla with
AM Snack		& Pears	Carrots		Butter & Milk
			Toddlers		
	Yogurt &	Graham	Herb Greek	Cheese & Fruit	Tortilla
	Apples	Crackers	Yogurt Dip &		& Milk
		& Pears	Carrots		
	Turkey Grilled	Pizza,	"Chili Con	Baked Chicken,	Chicken,
	Cheese	Salad,	Carne" Broccoli,	Brown Rice,	Vegetables and
Lunch	Sandwich, Green	Oranges & Milk	Apples & Milk	Carrots, Apples	Noodles
	Beans, Oranges			& Milk	Casserole
	& Milk				Melon & Milk
	Preschool				
	Whole Grain	Hard Boiled Egg	Oranges &	Broccoli	Pretzels &
	Cracker & 100%	& Wheat Thins	Cheerios	w/Ranch & Pita	Bananas
PM Snack	Pineapple Juice			Bread	
			Toddlers		
	Whole Grain	Hard Boiled Egg	Oranges &	Broccoli	Cheerios &
	Cracker & 100%	& Cheerios	Cheerios	w/Ranch & Pita	Bananas
	Pineapple Juice			Bread	

# Weekly Snack & Lunch Menu

Sept. 29 <sup>th</sup> -Oct. 3 <sup>rd</sup>	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	Mac n 'Cheese	"Make Your	Chicken	Minestrone Soup	
	"Tater Tots"	Mixed	Own Tacos"	Quesadillas	Pears & Milk	
Lunch	Green Beans	Vegetables	(Lettuce,	Mixed		
	Melon & Milk	Apples & 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		

# Water is served throughout the day and with lunch and snacks $\underline{\textit{Menu Subject to Change}}$

Oct. 6 <sup>th</sup> -Oct. 10 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Chex Cereal	Cooking	Cucumber Slices	Bagels with	Cheese Cubes &	
	& Apples	Pancakes &	&	Cream Cheese &	Apples	
AM Snack		Milk	Hummus	100% Orange		
				Juice		
			Toddlers			
	Chex Cereal	Cooking	Cucumber Slices	Bagels with	Cheese Cubes &	
	&	Pancakes &	&	Cream Cheese &	Apples	
	Apples	Milk	Hummus	100% Orange		
				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	Mixed		
	Oranges & Milk			Vegetables,		
				Oranges & Milk		
			Preschool			
	Yogurt	Cube Cheese &	Wheat English	Chex Cereal	Wheat Thins	
	& Fresh Fruit	Pretzels	Muffin	& Bananas	& Fresh Fruit	
PM Snack			& Fresh Fruit			
	Toddlers					
	Yogurt	Cube Cheese &	Wheat English	Chex Cereal	Cheerios	
	&	Whole Grain	Muffin	&	&	
	Fresh Fruit	Cracker	& Fresh Fruit	Bananas	Fresh Fruit	

### Weekly Snack & Lunch Menu

Oct. 13 <sup>th</sup> -Oct. 17 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Cereal	Hummus &	Cooking	Graham	Chex Cereal &	
	& 100% Juice	Carrots	Quesadilla	Crackers & Milk	Apples	
AM Snack			<b>Infant &amp; Toddlers</b>			
	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	
	Infant & Toddlers					
	Apples	Wheat English	Whole Grain	Yogurt &	Pita Bread	
	&	Muffin	Crackers	Apples	With Cream	
	Hard Boiled	&	&		Cheese & 100%	
	Eggs	Fresh Fruit	Oranges		Juice	

#### Water is served throughout the day and with lunch and snacks Menu Subject to Change

Oct. 20 <sup>th</sup> -Oct. 24 <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			
			Infant & 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		<u>.                                      </u>
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Peta	Pretzels
	Apples	Pears	Wheat Thins	Bread	&Bananas
PM Snack					
			Infant & Toddlers		
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Peta	Graham
	Apples	Pears	Cheerios	Bread	Crackers
					& Bananas
	<u> </u>	•			•
Oct. 27 <sup>th</sup> -Oct. 31 <sup>st</sup>	Monday	Tuesday	Wednesday	Thursday	Friday

### Weekly Snack & Lunch Menu

			Preschool			
	Chex Cereal &	Cube Cheese &	Cucumber Slices	Cooking	Graham	
	Fresh Fruit	Peta Bread	& Whole Grain	Scrambled Eggs	Crackers &	
AM Snack			Crackers	& Milk	Apples	
			Infant & Toddlers			
	Chex Cereal &	Cube Cheese &	Cucumber Slices	Crackers	Graham	
	Fresh Fruit	Peta Bread	& Whole Grain	& Milk	Crackers &	
			Crackers		Apples	
	Grilled Cheese	Chicken, Noodle	Vegetable ,Beef	Quesadillas	Chicken, Stir	
Lunch	Sandwich.	· ·	& Rice Soup,	Mixed	· ·	
Lunch	Green Beans,	and Vegetables Casserole,	Apples & Milk		Fry Vegetables, Pears & Milk	
	,	,	Apples & Milk	Vegetables Pears & Milk	rears & wilk	
	Apples & Milk	Apples & Milk	D 1 1	Pears & Milk		
		1	Preschool		I	
	Wheat Thins &	Banana and Milk	Chex Cereal &	100% Juice &	Hummus &	
	100% Grape	Smoothie	Oranges	Pretzels	Celery	
PM Snack	Juice	w/Oats	_		-	
	Infant & Toddlers					
	Wheat Thins &	Banana and Milk	Chex Cereal &	100% Juice &	Hummus &	
	100% Grape	Smoothie	Oranges	Cereal	Celery	
	Juice	w/Oats				

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

Nov. 3 <sup>rd</sup> – 7 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Wheat Thins &	Oranges &	Bagel,	Cooking	Yogurt & Fresh	
	Fresh Fruit	Wheat English	Cream Cheese	Toast with	Fruit	
AM Snack		Muffin	& 100% Orange	Butter &		
			Juice	Fresh Fruit		
			Infant & Toddlers			
	Wheat Thins &	Oranges &	Bagel,		Yogurt & Fresh	
	Fresh Fruit	Wheat English	Cream Cheese	Strips of Bread	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 &	
	Celery with		Oranges & Milk		Milk	
	Ranch, Melon &					
	Milk					
			Preschool			
	Cheese Cubes &	Graham	Broccoli with	Chex Cereal &	Carrots sticks &	
	Pretzels	Crackers	Ranch & Peta	Bananas	Herb Greek	
PM Snack		&	Bread		Yogurt Dip	
		Melon				
	Infant & Toddlers					
	Cheese Cubes &	Graham	Broccoli with	Chex Cereal &	Carrots sticks &	
	Whole Grain	Crackers	Ranch & Peta	Bananas	Herb Greek	
	Crackers	&	Bread		Yogurt Dip	
		Melon				

# Weekly Snack & Lunch Menu

Nov. $10^{th} - 14^{th}$	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Cereal	SCHOOL	Cooking	Chex Cereal &	Graham	
	&	CLOSED	Oatmeal & Milk	Milk	Crackers	
AM Snack	100% Juice				& Fresh Fruit	
			Infant & Toddlers			
	Cereal		Cooking	Chex Cereal &	Graham	
	&		Oatmeal & Milk	Milk	Crackers	
	100% Juice				& Fresh Fruit	
	Chicken	VETERAN'S	Lentil Soup,	Baked Chicken,	Macaroni &	
Lunch	Nuggets	DAY	Melon & Milk	Mashed	Beef,	
	"Tater Tots"	SCHOOL		Potatoes,	Peas,	
	Carrots, Fresh	CLOSED		Mixed	Apples	
	Fruit & Milk			Vegetables,	& Milk	
				Pears		
				& Milk		
			Preschool			
	Whole Grain	SCHOOL	Greek Yogurt	Wheat Thins &	Pretzels &	
	Crackers &	CLOSED	Cinnamon Dip	Pears	Cheese	
PM Snack	Oranges		& Apples			
	Infant & Toddlers					
	Whole Grain	SCHOOL	Greek Yogurt	Cereal & Pears	Whole Grain	
	Crackers &	CLOSED	Cinnamon Dip		Crackers &	
	Oranges		& Apples		Cheese	

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