Weekly Snack & Lunch Menu

Sept. 22 nd -26 th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Yogurt &	Graham	Herb Greek	Cheese &	Cooking	
	Apples	Crackers	Yogurt Dip &	Apples	Tortilla with	
AM Snack		& Pears	Carrots		Butter & Milk	
	Toddlers					
	Yogurt &	Graham	Herb Greek	Cheese &	Tortilla	
	Apples	Crackers	Yogurt Dip &	Apples	& 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		

Sept. 29 th -Oct. 3 rd	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		

Weekly Snack & Lunch Menu

Oct. 6 th -Oct. 10 th	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	

Oct. 13 th -Oct. 17 th	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Cereal	Hummus &	Cooking	Graham	Chex Cereal &		
	& 100% Juice	Carrots	Quesadilla	Crackers & Milk	Apples		
AM Snack	Infant & 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		
	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 $\underline{\textit{Menu Subject to Change}}$

Weekly Snack & Lunch Menu

Oct. 20 th -Oct. 24 th	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					
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Peta	Pretzels	
	Apples	Pears	Wheat Thins	Bread	&Bananas	
PM Snack						
			Infant & Toddlers			
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Peta	Graham	
	_	Pears	Cheerios	Bread	Crackers	
	Apples	rears	Chechos	Dieau	& Bananas	
					& Dallallas	

Oct. 27 th -Oct. 31 st	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	
			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,	and Vegetables	& Rice Soup,	Mixed	Fry Vegetables,	
	Green Beans,	Casserole,	Apples & Milk	Vegetables	Pears & Milk	
	Apples & Milk	Apples & Milk		Pears & Milk		
	Preschool					
	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				

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Weekly Snack & Lunch Menu

Nov. 3 rd – 7 th	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 w/dip,		Oranges & Milk		Milk		
	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					

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		

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