Weekly Snack & Lunch Menu

August 10 th -14th	Monday	Tuesday	Wednesday	Thursday	Friday		
		·	Preschool	· · · ·	· · · ·		
	Whole Grain	Cinnamon Greek	Cheerios &	Hummus &	Cooking		
	Cracker & Fresh	Yogurt Dip &	Fresh Fruit	Carrots	Waffles & Milk		
AM Snack	Fruit	Apples					
			Infant & Toddlers				
	Whole Grain	Cinnamon Greek	Cheerios &	Hummus &	Cooking		
	Cracker & Fresh	Yogurt Dip &	Fresh Fruit	Carrots	Waffles & Milk		
	Fruit	Apples					
	Split Pea Soup	Cucumber and	Ground Beef	Chicken,	"Make Your		
Lunch	with Carrots,	Cream Cheese	with Broccoli,	Veggies and	Own Tacos"		
	Tortilla,	Sandwich	Brown Rice,	Rice Soup,	(Lettuce,		
	Melon & Milk	Oranges & Milk	Melon & Milk	Apples & Milk	tomatoes, cheese		
					and chicken),		
					Oranges & Milk		
		Preschool					
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Pita	Pretzels		
	Apples	Pears	Multi-Grain	Bread	&Bananas		
PM Snack			Rice Crackers				
	Infant & Toddlers						
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Pita	Graham		
	Apples	Pears	Multi-Grain	Bread	Crackers		
			Rice Crackers		& Bananas		

August 17 th -21st	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

August 24 th -28th	Monday	Tuesday	Wednesday	Thursday	Friday		
0	C	· · ·	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			

Aug. 31 st - Sept. 4th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Cereal	Hummus &	Cooking	Graham	Cheese Cubes &	
	& 100% Juice	Carrots	Quesadilla	Crackers & Milk	Apples	
AM Snack			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					
	Apples &	Muffin		C		
PM Snack	A Hard Boiled	Mullin &	Crackers &	Apples	With Cream Cheese	
FIVI SHACK					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			

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Sept. 7 th - 11th	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	School Closed	Graham	Herb Greek	Cube Cheese &	Cooking		
		Crackers	Yogurt Dip &	Fresh Fruit	Tortilla with		
AM Snack		& Pears	Carrots		Butter & Milk		
			Infant & Toddlers				
	School Closed	Graham	Herb Greek	Cottage Cheese	Tortilla		
		Crackers	Yogurt Dip &	& Whole Grain	& Milk		
		& Pears	Carrots	Crackers			
		Pizza,	"Chili Con	Baked Chicken,	Chicken,		
Lunch	School	Salad,	Carne" Broccoli,	Brown Rice,	Vegetables and		
	Closed	Oranges & Milk	Apples & Milk	Carrots, Melon	Noodles		
				& Milk	Casserole		
					Melon & Milk		
Preschool							
PM Snack		Hard Boiled Egg	Oranges &	Hummus & Pita	Pretzels &		
	School Closed	& Cheerios	Cheerios	Bread	Bananas		
	Infant & Toddlers						
	School Closed	Hard Boiled Egg	Oranges &	Hummus & Pita	Cheerios &		
		& Cheerios	Cheerios	Bread	Bananas		

Sept. 14 th - Sept. 18th	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>

	Sept. 21 st - 25th	Monday	Tuesday	Wednesday	Thursday	Friday
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Weekly Snack & Lunch Menu

			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					

Sept. 28 th – Oct. 2nd	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		

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