Weekly Snack & Lunch Menu

Oct. 5 th - Oct. 9th	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	

Oct. 12 th -Oct. 16th	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		

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Weekly Snack & Lunch Menu

Oct. 19 th -Oct. 23rd	Monday	Tuesday	Wednesday	Thursday	Friday	
	v		Preschool	e e	U	
	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		

Oct. 26 th -Oct. 30th	Monday	Tuesday	Wednesday	Thursday	Friday					
			Preschool							
	Cereal	Hummus &	Cooking	Graham	Cheese Cubes &					
	& 100% Juice	Carrots	Quesadilla	Crackers & Milk	Apples					
AM Snack	Infant & Toddlers					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					
	&	Muffin	Crackers	Apples	With Cream					
PM Snack	Hard Boiled	&	&		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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Nov. 2 nd - Nov.6th	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Yogurt &	Graham	Herb Greek	Cube Cheese &	Cooking		
	Apples	Crackers	Yogurt Dip &	Fresh Fruit	Tortilla with		
AM Snack		& Pears	Carrots		Butter & Milk		
			Infant & Toddlers		<i>Cooking</i> Tortilla with		
	Yogurt &	Graham	Herb Greek	Cottage Cheese	Tortilla		
	Apples	Crackers	Yogurt Dip &	& Whole Grain	& Milk		
		& Pears	Carrots	Crackers			
	Turkey, Grilled	Pizza,	"Chili Con	Baked Chicken,	Chicken,		
	Cheese	Salad,	Carne" Broccoli,	Brown Rice,	Vegetables and		
Lunch	Sandwich, Green	Oranges & Milk	Apples & Milk	Carrots, Melon	Noodles		
	Beans, Oranges			& Milk	Casserole		
	& Milk				Melon & Milk		
			Preschool				
	Whole Grain	Hard Boiled Egg	Oranges &	Hummus & Pita	Pretzels &		
	Cracker & 100%	& Cheerios	Cheerios	Bread	Bananas		
PM Snack	Pineapple Juice						
	Infant & Toddlers						
	Whole Grain	Hard Boiled Egg	Oranges &	Hummus & Pita	Cheerios &		
	Cracker &	& Cheerios	Cheerios	Bread	Bananas		
	Cottage Cheese						

Weekly Snack & Lunch Menu

Nov. 9 th -Nov. 13th	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Multi-Grain	Cooking		Apples & Wheat	Pita Bread &	
	Rice Crackers	Scrambled Eggs	School Closed	English Muffin	Fresh Fruit	
AM Snack	&	& Oranges				
	Fresh Fruit					
			Infant & Toddlers	1		
	Multi-Grain	Cooking		Apples & Wheat	Pita Bread &	
	Rice Crackers	Scrambled Eggs	School Closed	English Muffin	Fresh Fruit	
	&	& Oranges		_		
	Fresh Fruit	_				
	Fish Sticks	Mac n 'Cheese		Friendship	Minestrone Sour	
	"Tater Tots"	Mixed	School Closed	Feast: Chicken,	Pears & Milk	
Lunch	Green Beans	Vegetables		Mash potato,		
	Melon & Milk	Apples & Milk		Corn, Bean		
				casserole,		
				pumpkin pie		
			Preschool			
	Cheese &	Yogurt & Whole		Herb Greek	Hummus &	
	Cheerios	Grain Crackers	School Closed	Yogurt Dip &	Carrot Sticks	
PM Snack				Cucumber Slices		
	Infant & Toddlers					
	Cheese &	Yogurt & Whole		Herb Greek	Hummus &	
	Cheerios	Grain Crackers	School Closed	Yogurt Dip &	Carrot Sticks	
				Cucumber Slices		
Water	is served throughout	the day and with lu	nch and snacks- 5:	00 PM fruit snack	daily	

<u>Menu Subject to Change</u>

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Weekly Snack & Lunch Menu

Nov. 16 th -Nov. 20th	Monday	Tuesday	Wednesday	Thursday	Friday		
		2	Preschool		L U		
	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		Yogurt & Fresh		
	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					

Nov. 23 rd -Nov.27th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Cereal	Hummus &	Cooking			
	&	Carrots	Oatmeal & Milk	School Closed	School Closed	
AM Snack	100% Juice					
	Infant & Toddlers					
	Cereal	Hummus &	Cooking			
	&	Carrots	Oatmeal & Milk	School Closed	School Closed	
	100% Juice					
	Chicken	Meat Loaf	Lentil Soup,			
Lunch	Nuggets	Brown Rice	Carrots, Tortilla,	School Closed	School Closed	
	"Tater Tots"	Green Beans	Melon & Milk			
	Carrots, Fresh	Melon				
	Fruit & Milk	& Milk				
	Preschool					
	Whole Grain	Wheat English	Greek Yogurt			
	Crackers &	Muffin & Cream	Cinnamon Dip	School Closed	School Closed	
PM Snack	Oranges	Cheese	& Apples			
	Infant & Toddlers					
	Whole Grain	Wheat English	Greek Yogurt			
	Crackers &	Muffin & Cream	Cinnamon Dip	School Closed	School Closed	
	Oranges	Cheese	& Apples			

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