Weekly Snack & Lunch Menu

Nov.30 th -Dec.4th	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	

Dec.7 th -Dec.11th	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	
T		· · · · · · · · · · · · · · · · · · ·		_	· ·	
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 Menu Subject to Change

Weekly Snack & Lunch Menu

Dec.14 th -Dec.18th	Monday	Tuesday	Wednesday	Thursday	Friday	
			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		

Dec.21 st -Dec.25 th	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Cereal	Hummus &	Cooking	School	School	
	& 100% Juice	Carrots	Quesadilla	Closed	Closed	
AM Snack			Infant & Toddlers			
	Cereal	Hummus &	Strips of Tortilla	School	School	
	&	Carrots	& Cheese	Closed	Closed	
	100% Juice					
	Lentil Soup,	Baked Chicken,	Spaghetti with			
	Tortilla,	Mashed	Meat Sauce,	School	School	
Lunch	Baby Carrots,	Potatoes, Green	Peas, Apples	Closed	Closed	
	Pears & Milk	Beans, Melon &	& Milk			
		Milk				
	Preschool					
	Apples	Wheat English	Whole Grain	School	School	
	&	Muffin	Crackers	Closed	Closed	
PM Snack	Hard Boiled	&	&			
	Eggs	Fresh Fruit	Oranges			
	Infant & Toddlers					
	Apples	Wheat English	Whole Grain	School	School	
	&	Muffin	Crackers	Closed	Closed	
	Hard Boiled	&	&			
	Eggs	Fresh Fruit	Oranges			

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

Dec.28 th -Jan.1 st	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	School	School	School	School	School	
	Closed	Closed	Closed	Closed	Closed	
AM Snack			Infant & Toddlers			
	School	School	School	School	School	
	Closed	Closed	Closed	Closed	Closed	
			School	School	School	
	School	School	Closed	Closed	Closed	
Lunch	Closed	Closed				
	Preschool					
	School	School	School	School	School	
	Closed	Closed	Closed	Closed	Closed	
PM Snack	Infant & Toddlers					
	School	School	School	School	School	
	Closed	Closed	Closed	Closed	Closed	

Jan.4 th -Jan.8th	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>

Weekly Snack & Lunch Menu

Jan.11 th -Jan15th	Monday	Tuesday	Wednesday	Thursday	Friday	
			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				

Jan.18 th -Jan.22nd	Monday	Tuesday	Wednesday	Thursday	Friday
			Preschool		
		Hummus &	Cooking	Cheerios &	Graham
	School	Carrots	Oatmeal & Milk	Pears	Crackers
AM Snack	Closed				& Fresh Fruit
			Infant & Toddlers		
	School	Hummus &	Cooking	Cheerios &	Graham
	Closed	Carrots	Oatmeal & Milk	Pears	Crackers
					& Fresh Fruit
	School	Chicken	Lentil Soup,	BBQ Chicken,	Macaroni &
Lunch	Closed	Nuggets	Carrots, Tortilla,	Mashed	Beef,
		"Tater Tots"	Melon & Milk	Potatoes,	Peas,
		Carrots, Fresh		Mixed	Apples
		Fruit & Milk		Vegetables,	& Milk
				Pears	
				& Milk	
			Preschool		
	School	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &
	Closed	Muffin & Cream	Cinnamon Dip		Cheese
PM Snack		Cheese	& Apples		
			Infant & Toddlers		
	School	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain
	Closed	Muffin & Cream	Cinnamon Dip		Crackers &
		Cheese	& Apples		Cheese

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily <u>Menu Subject to Change</u>