Weekly Snack & Lunch Menu

Jan. 25 th -29th	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	

Feb.1st-5th	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

Feb. 8 th -12th	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		

Feb. 15 th -19th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	School	Hummus &	Cooking	Graham	Cheese Cubes &	
	Closed	Carrots	Quesadilla	Crackers & Milk	Apples	
AM Snack	Infant & Toddlers					
		Hummus &	Strips of Tortilla	Graham	Cheese Cubes &	
	School	Carrots	& Cheese	Crackers	Apples	
	Closed			& Milk		
		Lentil Soup,	Spaghetti with	Vegetable, Beef	Mac & Cheese,	
		Tortilla,	Meat Sauce,	and Rice Soup,	Mixed	
Lunch	School	Baby Carrots,	Peas, Apples	Oranges	Vegetables,	
	Closed	Pears & Milk	& Milk	& Milk	Pears & Milk	
	Preschool					
		Wheat English	Whole Grain	Yogurt &	Pita Bread	
	School	Muffin	Crackers	Apples	With Cream	
PM Snack	Closed	&	&		Cheese	
		Fresh Fruit	Oranges			
	Infant & Toddlers					
		Wheat English	Whole Grain	Yogurt &	Pita Bread	
	School	Muffin	Crackers	Apples	With Cream	
	Closed	&	&		Cheese	
		Fresh Fruit	Oranges			

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Weekly Snack & Lunch Menu

Feb. 22 nd -26 th	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			
	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					

Feb. 29 th -Mar.4th	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		
		T	Infant & Toddlers			
	Cheese &	Yogurt & Whole	Banana, Oats	Herb Greek	Hummus &	
	Cheerios	Grain Crackers	and Milk	Yogurt Dip &	Carrot Sticks	
			Smoothie	Cucumber Slices		

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Weekly Snack & Lunch Menu

Mar. 6 th -11th	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					

Mar. 14 th -18th	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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