Weekly Snack & Lunch Menu

4/30-5/4	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Whole Grain	Cheerios &	Cinnamon	Hummus &	Cooking	
	Cracker & Fruit	Pears	Greek Yogurt	Celery Sticks	Waffles & Milk	
AM Snack			Dip & Apples			
			Toddlers			
	Whole Grain	Cheerios &	Cinnamon Greek	Hummus &		
	Cracker & Fruit	Pears	Yogurt Dip &	Broccoli	Waffles & Milk	
			Apples			
	Split Pea Soup	Cucumber and	Spaghetti with	Chicken,	Creamy Tomato	
Lunch	with Carrots,	Cream Cheese	Meat Sauce &	Veggies and	Chicken,	
	Tortilla,	Sandwich,	Peas, Fruit	Rice Soup,	Vegetable &	
	Melon & Milk	Apples & Milk	& Milk	Oranges & Milk	Penne Pasta	
					Casserole, Pears	
					& Milk	
	Preschool					
	Cheese Cubes &	Fruit & Pita	Oranges &	Yogurt & Melon	Pretzels	
	Pears	Bread	Multi-Grain		& Bananas	
PM Snack			Rice Crackers			
	Toddlers					
	Cheese Cubes &	Fruit & Pita	Oranges &	Yogurt & Melon	Graham	
	Pears	Bread	Multi-Grain		Crackers	
			Wheat Crackers		& Bananas	

5/7-5/11	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Graham	
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &	
AM Snack				& Milk	Bananas	
			Toddlers			
	Whole Grain	Cube Cheese &	English Muffin		Graham	
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &	
				& Milk	Bananas	
	Grilled Cheese	Chicken, Penne	Vegetable, Beef	Broccoli with	Chicken Stir Fry	
Lunch	Sandwich with	Pasta and	& Rice/Quinoa	Beef & Quinoa	Vegetables with	
	Spinach,	Vegetables	Soup,	& Brown Rice,	Quinoa &	
	Apples & Milk	Casserole,	Fruit & Milk	Melon	Brown Rice,	
		Oranges & Milk		& Milk	Pears & Milk	
			Preschool			
	Chex Cereal &	Graham	Apples &	Berries, Banana	Hummus &	
	100% Grape	Crackers &	Pretzels	and Milk	Carrots	
PM Snack	Juice	Pears		Smoothie		
				w/Oats		
	Toddlers					
	Chex Cereal &	Graham	Apples & Cereal	Berries, Banana	Hummus &	
	Cottage Cheese	Crackers &		and Milk	Carrots	
		Cottage Cheese		Smoothie		
				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

5/14-5/18	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	
			Toddlers		
	Graham		Cucumber Slices	Bagels with	Pita Bread &
	Crackers	Waffles & Milk	&	Cream Cheese &	Apples
	&		Hummus	100% Orange	
	Apples			Juice	
	Chicken	Quesadillas with	Chicken Quinoa	Teriyaki	Meat Lasagna,
Lunch	Nuggets	Spinach,	& Veggie Soup,	Chicken,	Pears
	"Tater Tots,"	Apples & Milk	Fruit	Brown Rice,	& Milk
	Sautéed		& Milk	Green Beans,	
	Broccoli,			Melon & Milk	
	Oranges & Milk				
			Preschool		
	Kix Cereal	Cube Cheese &	Wheat English	Multi-Grain	Yogurt
	& Fruit	Pretzels	Muffin	Rice Crackers	& Fruit
PM Snack			& Apples	& Bananas	
			Toddlers		
	Kix Cereal	Cube Cheese &	Wheat English	Multi-Grain	Yogurt
	&	Whole Grain	Muffin	Crackers	&
	Fruit	Cracker	& Apples	& Bananas	Fruit

5/21-5/25	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Multi-Grain	Hummus &	Cooking	Cheese Cubes &	Graham	
	Cheerios	Carrots	Quesadilla	Apples	Crackers & Milk	
AM Snack	& 100% Juice					
			Toddlers			
	Multi-Grain	Hummus &		Cheese Cubes &	Graham	
	Cheerios	Carrots	Quesadilla	Apples	Crackers	
	&				& Milk	
	100% Juice					
	Lentil Soup with	Baked Chicken,	Ground Beef	Vegetable, Beef	Mac & Cheese,	
	Carrots, Tortilla,	Mashed	with Broccoli &	and Rice/Quinoa	Peas & Carrots,	
Lunch	Pears & Milk	Potatoes, Green	Quinoa &	Soup, Oranges	Melon & Milk	
		Beans, Fruit &	Brown Rice,	& Milk		
		Milk	Apples & Milk			
			Preschool			
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English	
	&	With Cream	Crackers	Bananas	Muffin	
PM Snack	Cube Cheese	Cheese	&		&	
			Oranges		Pears	
	Toddlers					
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English	
	&	With Cream	Crackers	Bananas	Muffin	
	Cube Cheese	Cheese	&		&	
			Oranges		Pears	

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

5/28-6/1	Monday	Tuesday	Wednesday	Thursday	Friday			
	Preschool							
		Hummus & Pita	Herb Greek	Milk & Kix	Cooking			
		Bread	Yogurt Dip &	Cereal	Tortilla with			
AM Snack			Carrots		Butter & Milk			
		Toddlers						
		Hummus & Pita	Herb Greek	Milk & Kix	Tortilla with			
		Bread	Yogurt Dip &	Cereal	Butter & Milk			
			Carrots					
		Baked Chicken,	"Chili Con	Pizza,	Chicken,			
	Cabaal	Brown Rice with	Carne" Broccoli,	Salad with	Vegetables and			
Lunch	School	Peas, Fruit &	Apples & Milk	Yogurt Dressing,	Quinoa &			
	Closed	Milk		Oranges & Milk	Brown Rice			
					Casserole			
					Melon & Milk			
			Preschool					
		Cube Cheese &	Oranges &	Graham	Pretzels &			
		Pears	Multi-Grain	Crackers	Bananas			
PM Snack			Cheerios	& Fruit				
			Toddlers					
		Cottage Cheese	Oranges &	Graham	Cheerios &			
		& Pears	Multi-Grain	Crackers	Bananas			
			Cheerios	& Fruit				

6/4-6/8	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Multi-Grain	Graham	Apples & Wheat	Cooking	Pita Bread &	
	Rice Crackers	Crackers & Milk	English Muffin	Scrambled Eggs	Bananas	
AM Snack	&			& Oranges		
	Fruit					
			Toddlers			
	Multi-Grain	Graham	Apples & Wheat	Scrambled Eggs	Pita Bread &	
	Crackers &	Crackers &	English Muffin	& Oranges	Bananas	
	Fruit	Milk				
	Fish Sticks	Mac n 'Cheese	Beef & Broccoli	Chicken,	Spaghetti, Meat	
	"Tater Tots"	Green Beans	Quesadillas,	Vegetable &	Sauce with Peas,	
Lunch	Celery Sticks	Apples & Milk	Oranges & Milk	Quinoa Soup,	Pears & Milk	
	with Yogurt Dip			Fruit & Milk		
	Melon & Milk					
		r	Preschool	r		
	Cheese &	Hummus &	Berries, Banana,	Herb Greek	Yogurt & Whole	
	Cheerios	Carrot Sticks	Oats and Milk	Yogurt Dip &	Grain Crackers	
PM Snack			Smoothie	Cucumber Slices		
	Toddlers					
	Cheese &	Hummus &	Berries, Banana,	Herb Greek	Yogurt & Whole	
	Cheerios	Carrots Sticks	Oats and Milk	Yogurt Dip &	Grain Crackers	
			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>

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Weekly Snack & Lunch Menu

6/11-6/15	Monday	Tuesday	Wednesday	Thursday	Friday	
		· · ·	Preschool	·	-	
	Multi-Grain	Oranges &	Bagel,	Cooking	Yogurt & Fruit	
	Rice Crackers &	Wheat English	Cream Cheese	Toast with		
AM Snack	Melon	Muffin	& 100% Orange	Butter &		
			Juice	Pears		
			Toddlers			
	Multi-Grain	Oranges &	Bagel,	Toast with	Yogurt & Fruit	
	Crackers &	Wheat English	Cream Cheese	Butter &	-	
	Melon	Muffin	& 100% Orange	Pears		
			Juice			
	Turkey and	Split Pea Soup	Baked Chicken,	Chicken Stir Fry	Pizza, Salad	
Lunch	Cheese	with Carrots,	Mashed	Vegetables with	with Yogurt	
	Sandwich,	Pears & Milk	Potatoes, Mixed	Spaghetti	Dressing,	
	Carrots with		Veggies, Melon	Noodles, Fruit &	Oranges & Milk	
	Yogurt Dip,		& Milk	Milk		
	Apples & Milk					
			Preschool			
	Graham	Cheese Cubes &	Hummus & Pita	Chex Cereal &	Pretzels & Pears	
	Crackers	Pretzels	Bread	Bananas		
PM Snack	& Oranges					
	Toddlers					
	Graham	Cheese Cubes &	Hummus & Pita	Chex Cereal &	Wheat Crackers	
	Crackers	Whole Grain	Bread	Bananas	& Pears	
	& Oranges	Crackers				

6/18-6/22	Monday	Tuesday	Wednesday	Thursday	Friday		
		·	Preschool				
	Kix Cereal	Hummus &	Cooking	Multi-Grain	Graham		
	&	Celery Sticks	Oatmeal & Milk	Cheerios &	Crackers		
AM Snack	100% Juice	-		Pears	& Fruit		
			Toddlers		Graham Crackers		
	Kix Cereal	Hummus &		Multi-Grain	Graham		
	&	Broccoli	Oatmeal & Milk	Cheerios &	Crackers		
	Cottage Cheese			Cottage Cheese	& Fruit		
	Chicken	Lentil Soup with	Meat Loaf	BBQ Chicken,	Penne Pasta,		
Lunch	Nuggets	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with		
	"Tater Tots,"	Pears & Milk	Broccoli, Melon	Potatoes,	Tomato Sauce,		
	Celery Sticks		& Milk	Mixed	Apples		
	with Yogurt Dip,			Vegetables,	& Milk		
	Fruit & Milk			Oranges & Milk			
	Preschool						
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &		
	Crackers &	Muffin & Cream	Cinnamon Dip		Cheese		
PM Snack	Oranges	Cheese	& Apples				
	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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