## Weekly Snack & Lunch Menu

6/25-29	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	

7/2-6	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Whole Grain	Cube Cheese &	CLOSED	Cooking	Graham	
	Crackers & Fruit	Pita Bread		Scrambled Eggs	Crackers &	
AM Snack				& Milk	Bananas	
			Toddlers			
	Whole Grain	Cube Cheese &			Graham	
	Crackers & Fruit	Pita Bread		Scrambled Eggs	Crackers &	
				& Milk	Bananas	
	Grilled Cheese	Chicken, Penne	CLOSED	Broccoli with	Chicken Stir Fry	
Lunch	Sandwich with	Pasta and		Beef & Quinoa	Vegetables with	
	Spinach,	Vegetables		& Brown Rice,	Quinoa &	
	Apples & Milk	Casserole,		Melon	Brown Rice,	
		Oranges & Milk		& Milk	Pears & Milk	
			Preschool			
	Chex Cereal &	Graham	CLOSED	Berries, Banana	Hummus &	
	100% Grape	Crackers &		and Milk	Carrots	
PM Snack	Juice	Pears		Smoothie		
				w/Oats		
	Toddlers					
	Chex Cereal &	Graham		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

7/9-13	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	

7/16-20	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	

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## Weekly Snack & Lunch Menu

7/23-27	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Chex Cereal &	Hummus & Pita	Herb Greek	Milk & Kix	Cooking		
	Apples	Bread	Yogurt Dip &	Cereal	Tortilla with		
AM Snack			Carrots		Butter & Milk		
			Toddlers		Cooking Tortilla with Butter & Milk  Tortilla with Butter & Milk  Chicken, Vegetables and Quinoa & Brown Rice Casserole Melon & Milk  Pretzels & Bananas		
	Chex Cereal &	Hummus & Pita	Herb Greek	Milk & Kix	Tortilla with		
	Apples	Bread	Yogurt Dip &	Cereal	Butter & Milk		
			Carrots				
	Turkey &	Baked Chicken,	"Chili Con	Pizza,	,		
	Spinach Grilled	Brown Rice with	Carne" Broccoli,	Salad with			
Lunch	Cheese	Peas, Fruit &	Apples & Milk	Yogurt Dressing,	Quinoa &		
	Sandwich, Pears	Milk		Oranges & Milk	Brown Rice		
	& Milk				Casserole		
					Melon & Milk		
	Preschool						
	Whole Grain	Cube Cheese &	Oranges &	Graham	Pretzels &		
	Cracker & 100%	Pears	Multi-Grain	Crackers	Bananas		
PM Snack	Pineapple Juice		Cheerios	& Fruit			
Toddlers							
	Whole Grain	Cottage Cheese	Oranges &	Graham	Cheerios &		
	Cracker &	& Pears	Multi-Grain	Crackers	Bananas		
	Cottage Cheese		Cheerios	& Fruit			

7/30-8/3	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					
	Preschool					
	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		

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## Weekly Snack & Lunch Menu

8/6-10	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				

8/13-17	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			
	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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