Weekly Snack & Lunch Menu

Nov. 8 th - Nov. 12 th	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Graham	Cheerios &	Cinnamon		Whole Grain		
	Crackers & Fruit	Pears	Greek Yogurt	School Closed	Cracker & Fruit		
AM Snack			Dip & Apples				
			Toddlers				
	Graham	Cheerios &	Cinnamon Greek		Whole Grain		
	Crackers & Fruit	Pears	Yogurt Dip &	School Closed	Cracker & Fruit		
			Apples				
	Split Pea Soup	Cucumber and	Menu TBD for		Chicken,		
Lunch	with Carrots,	Cream Cheese	Friendship		Veggies and		
	Tortilla,	Sandwich,	Feast: protein,	School Closed	Rice Soup,		
	Melon & Milk	Apples & Milk	fruit/vegetables,		Oranges & Milk		
			and milk				
	Preschool						
	Cheese Cubes &	Fruit & Pita	Oranges &		Pretzels		
	Pears	Bread	Multi-Grain	School Closed	& Bananas		
PM Snack			Rice Crackers				
	Toddlers						
	Cheese Cubes &	Fruit & Pita	Oranges &		Graham		
	Pears	Bread	Multi-Grain	School Closed	Crackers		
			Wheat Crackers		& Bananas		

Nov. 15 th - Nov. 19 th	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	Greek Yogurt	
	100% Grape	Crackers &	Pretzels	and Milk	Dip & Carrots	
PM Snack	Juice	Pears		Smoothie		
				w/Oats		
	Toddlers					
	Chex Cereal &	Graham	Apples & Cereal	Berries, Banana	Greek Yogurt	
	Cottage Cheese	Crackers &		and Milk	Dip & Carrots	
		Cottage Cheese		Smoothie		
				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

Nov. 22 nd - Nov. 26 th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Graham	Cucumber Slices	Pita Bread &			
	Crackers	&	Apples	School Closed	School Closed	
AM Snack	& Apples	Herb Greek				
		Yogurt Dip				
			Toddlers			
	Graham	Cucumber Slices	Pita Bread &			
	Crackers	&	Apples			
	&	Herb Greek		School Closed	School Closed	
	Apples	Yogurt Dip				
	Chicken					
Lunch	Nuggets, Slice	Chicken Quinoa	Meat Lasagna,			
	of Wheat Bread,	& Veggie Soup,	Pears	School Closed	School Closed	
	Sautéed	Fruit	& Milk			
	Broccoli,	& Milk				
	Oranges & Milk					
			Preschool			
	Kix Cereal	Wheat English	Multi-Grain			
	& Fruit	Muffin	Rice Crackers	School Closed	School Closed	
PM Snack		& Apples	& Bananas			
	Toddlers					
	Kix Cereal	Wheat English	Multi-Grain			
	&	Muffin	Crackers	School Closed	School Closed	
	Fruit	& Apples	& Bananas			

Nov. 29 th - Dec. 3 rd	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Multi-Grain	Cereal & Fruit	Cooking	Cheese Cubes &	Graham	
	Cheerios		Quesadilla	Apples	Crackers & Milk	
AM Snack	& 100% Juice					
			Toddlers			
	Multi-Grain	Cereal & Fruit		Cheese Cubes &	Graham	
	Cheerios		Quesadilla	Apples	Crackers	
	& 100% Juice				& Milk	
	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

Dec. 6 th - Dec. 10 th	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Chex Cereal &	Cheese &	Herb Greek	Milk & Kix	Cooking		
	Apples	Crackers	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 Cube Cheese & Pears		
	Chex Cereal &	Cheese &	Herb Greek	Milk & Kix	Tortilla with		
	Apples	Crackers	Yogurt Dip &	Cereal	Butter & Milk		
			Carrots				
	Turkey &	Baked Chicken,	"Chili Con	Meat Lasagna,	,		
	Spinach Grilled	Brown Rice with	Carne" Broccoli,	with Yogurt	Vegetables and		
Lunch	Cheese	Peas, Fruit &	Apples & Milk	Dressing,	_		
	Sandwich, Pears	Milk		Oranges & Milk	Brown Rice		
	& Milk				Casserole		
					Melon & Milk		
	Preschool						
	Whole Grain	Pretzels &	Oranges &	Graham	Cube Cheese &		
	Cracker & 100%	Bananas	Multi-Grain	Crackers	Pears		
PM Snack	Pineapple Juice		Cheerios	& Fruit			
	Toddlers						
	Whole Grain	Cheerios &	Oranges &	Graham	Cottage Cheese		
	Cracker &	Bananas	Multi-Grain	Crackers	& Pears		
	Cottage Cheese		Cheerios	& Fruit			

Dec. 13 th - Dec. 17 th	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	& Fruit			& Oranges			
			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		
	Slice of Wheat	Green Beans	Quesadillas,	Vegetable &	Sauce with Peas,		
Lunch	Bread, Celery	Apples & Milk	Oranges & Milk	Quinoa Soup,	Pears & Milk		
	Sticks with			Fruit & Milk			
	Yogurt Dip						
	Melon & Milk						
	Preschool						
	Cheese &	Cereal &	Berries, Banana,	Herb Greek	Yogurt & Whole		
	Cheerios	Oranges	Oats and Milk	Yogurt Dip &	Grain Crackers		
PM Snack			Smoothie	Cucumber Slices			
	Toddlers						
	Cheese &	Cereal &	Berries, Banana,	Herb Greek	Yogurt & Whole		
	Cheerios	Oranges	Oats and Milk	Yogurt Dip &	Grain Crackers		
			Smoothie	Cucumber Slices			

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Weekly Snack & Lunch Menu

Dec. 20 th - Dec. 23 rd	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Multi-Grain	Oranges &	Bagel,	Yogurt & Fruit			
	Rice Crackers &	Wheat English	Cream Cheese		School Closed		
AM Snack	Melon	Muffin	& 100% Orange				
			Juice				
			Toddlers				
	Multi-Grain	Oranges &	Bagel,	Yogurt & Fruit			
	Crackers &	Wheat English	Cream Cheese		School Closed		
	Melon	Muffin	& 100% Orange				
			Juice				
	Turkey and	Split Pea Soup	Chicken,	Meat Lasagna,			
Lunch	Cheese	with Carrots,	Vegetable &	Salad with			
	Sandwich,	Pears & Milk	Quinoa Soup,	Yogurt Dressing,	School Closed		
	Carrots with		Fruit & Milk	Oranges & Milk			
	Yogurt Dip,						
	Apples & Milk						
			Preschool				
	Chex Cereal &	Cheese Cubes &	Graham	Pretzels & Pears			
	Bananas	Pretzels	Crackers		School Closed		
PM Snack			& Oranges				
		Toddlers					
	Chex Cereal &	Cheese Cubes &	Graham	Wheat Crackers			
	Bananas	Whole Grain	Crackers	& Pears	School Closed		
		Crackers	& Oranges				

Dec. 27 th - Dec. 31 st	Monday	Tuesday	Wednesday	Thursday	Friday		
		Preschool					
AM Snack	School Closed						
			Toddlers				
	School Closed						
Lunch							
	School Closed						
			Preschool				
PM Snack	School Closed						
			Toddlers				
	School Closed						

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily

Menu Subject to Change