Weekly Snack & Lunch Menu

Jan. 3 rd - Jan. 7 th	Monday	Tuesday	Wednesday	Thursday	Friday			
			Preschool					
	Graham	Cheerios &	Cinnamon	Whole Grain	Cooking			
	Crackers & Fruit	Pears	Greek Yogurt	Cracker & Fruit	Waffles & Milk			
AM Snack			Dip & Apples					
		Toddlers						
	Graham	Cheerios &	Cinnamon Greek	Whole Grain				
	Crackers & Fruit	Pears	Yogurt Dip &	Cracker & Fruit	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			

Jan. 10 th - Jan. 14 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			

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Weekly Snack & Lunch Menu

Jan. 17 th - Jan. 21 st	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	School Closed	Cooking	Cucumber Slices	Bagels with	Pita Bread &	
		Pancakes &	&	Cream Cheese &	Apples	
AM Snack		Milk	Herb Greek	100% Orange		
			Yogurt Dip	Juice		
			Toddlers			
			Cucumber Slices	Bagels with	Pita Bread &	
	School Closed	Waffles & Milk	&	Cream Cheese &	Apples	
			Herb Greek	100% Orange		
			Yogurt Dip	Juice		
		Chicken	Chicken Quinoa	Teriyaki	Meat Lasagna,	
Lunch		Nuggets, Slice	& Veggie Soup,	Chicken,	Pears	
	School Closed	of Wheat Bread,	Fruit	Brown Rice,	& Milk	
		Sautéed	& Milk	Green Beans,		
		Broccoli,		Melon & Milk		
		Oranges & Milk				
			Preschool			
		Kix Cereal	Wheat English	Multi-Grain	Yogurt	
	School Closed	& Fruit	Muffin	Rice Crackers	& Fruit	
PM Snack			& Apples	& Bananas		
			Toddlers			
		Kix Cereal	Wheat English	Multi-Grain	Yogurt	
	School Closed	&	Muffin	Crackers	&	
		Fruit	& Apples	& Bananas	Fruit	

Jan. 24 th - Jan. 28 th	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

Jan. 31 st - Feb. 4 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				
	Chex Cereal &	Cheese &	Herb Greek	Milk & Kix	Tortilla with		
	Apples	Crackers	Yogurt Dip &	Cereal	Butter & Milk		
			Carrots				
	Turkey &	Baked Chicken,	"Chili Con	Meat Lasagna,	Chicken,		
	Spinach Grilled	Brown Rice with	Carne" Broccoli,	with Salad,	Vegetables and		
Lunch	Cheese	Peas, Fruit &	Apples & Milk	Yogurt Dressing,	Quinoa &		
	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			

Feb. 7 th - Feb. 11 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

Feb. 14 th - Feb. 18 th	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	Meat Lasagna,	
Lunch	Cheese	with Carrots,	Mashed	Vegetables with	Salad with	
	Sandwich,	Pears & Milk	Potatoes, Mixed	Spaghetti	Yogurt Dressing,	
	Carrots with		Veggies, Melon	Noodles, Fruit &	Oranges & Milk	
	Yogurt Dip,		& Milk	Milk		
	Apples & Milk					
			Preschool			
	Chex Cereal &	Cheese Cubes &	Graham	Herb Greek	Pretzels & Pears	
	Bananas	Pretzels	Crackers	Yogurt Dip &		
PM Snack			& Oranges	Carrots		
	Toddlers					
	Chex Cereal &	Cheese Cubes &	Graham	Herb Greek	Wheat Crackers	
	Bananas	Whole Grain	Crackers	Yogurt Dip &	& Pears	
		Crackers	& Oranges	Carrots		

Feb. 21 st - Feb. 25 th	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
		Multi-Grain	Cooking	Cereal	Graham		
	School Closed	Cheerios &	Oatmeal & Milk	& Pears	Crackers		
AM Snack		Apples			& Fruit		
			Toddlers				
		Multi-Grain		Cereal	Graham		
	School Closed	Cheerios &	Oatmeal & Milk	& Pears	Crackers		
		Apples			& Fruit		
			Chicken	BBQ Chicken,	Penne Pasta,		
Lunch		Lentil Soup with	Nuggets, Slice	Mashed	Beef, Peas with		
	School Closed	Carrots, Tortilla,	of Wheat Bread,	Potatoes,	Tomato Sauce,		
		Pears & Milk	Celery Sticks	Mixed	Apples		
			with Yogurt Dip,	Vegetables,	& Milk		
			Fruit & Milk	Oranges & Milk			
	Preschool						
		Whole Grain	Greek Yogurt	Banana & Milk	Pretzels &		
	School Closed	Crackers &	Cinnamon Dip		Cheese		
PM Snack		Oranges	& Apples				
			Toddlers		Crackers & Fruit Graham Crackers & Fruit Penne Pasta, Beef, Peas with Tomato Sauce, Apples & Milk Pretzels &		
		Whole Grain	Greek Yogurt	Banana & Milk	Whole Grain		
	School Closed	Crackers &	Cinnamon Dip		Crackers &		
		Oranges	& Apples		Cheese		

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Menu Subject to Change