Weekly Snack & Lunch Menu

Sept. 11 th – Sept. 15 th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Wheat Thins &	Cheerios &	Cinnamon	Whole Grain	Cooking	
	Fruit	Pears	Greek Yogurt	Cracker & Fruit	Waffles & Milk	
AM Snack			Dip & Apples			
			Toddlers			
	Wheat Thins &	Cheerios &	Cinnamon Greek	Whole Grain	Pancakes &	
	Fruit	Pears	Yogurt Dip &	Cracker & Fruit	Milk	
			Apples			
	Split Pea Soup	Cucumber and	Spaghetti with	Chicken,	Baked Chicken,	
Lunch	with Carrots,	Cream Cheese	Meat Sauce &	Veggies and	Brown Rice,	
	Tortilla,	Sandwich,	Peas, Oranges	Rice Soup,	Green Beans,	
	Melon & Milk	Apples & Milk	& Milk	Oranges & Milk	Melon & Milk	
	Preschool					
	Cheese Cubes &	Fruit & Pita	Fruit & Multi-	Yogurt & Melon	Pretzels	
	Pears	Bread	Grain Rice		& Bananas	
PM Snack			Crackers			
	Toddlers					
	Cheese Cubes &	Fruit & Pita	Fruit & Multi-	Yogurt & Melon	Cheerios	
	Pears	Bread	Grain Wheat		& Bananas	
			Crackers			

Sept. 18 th – Sept. 22 nd	Monday	Tuesday	Wednesday	Thursday	Friday
			Preschool		
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Chex cereal &
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Bananas
AM Snack				& Milk	
			Toddlers		
	Whole Grain	Cube Cheese &	English Muffin	Cheerios & Milk	Chex cereal &
	Crackers & Fruit	Pita Bread	& Yogurt		Bananas
	Grilled Cheese	Creamy Tomato	Chicken,	Broccoli with	"Chili Con
Lunch	Sandwich with	Chicken,	Vegetable, &	Beef & Quinoa	Carne,"
Lunch	Spinach,	Vegetable &	Rice/Quinoa	& Brown Rice,	Broccoli,
	Apples & Milk	Penne Pasta	Soup,	Melon	Oranges & Milk
	Apples & Milk		Fruit & Milk	& Milk	Oranges & Wilk
		Casserole, Pears	FIUIL & WILL	& WIIIK	
		& Milk	Preschool		
	CI C 10	XX/1 + (TD1 : 0		D ' D	C 1 W .
	Chex Cereal &	Wheat Thins &	Apples &	Berries, Banana	Greek Yogurt
DM Coools	100% Grape	Pears	Pretzels	and Milk	Dip & Carrots
PM Snack	Juice			Smoothie	
				w/Oats	
			Toddlers		
	Chex Cereal &	Wheat Thins &	Apples & Cereal	Berries, Banana	Greek Yogurt
	Cottage Cheese	Cottage Cheese		and Milk	Dip & Carrots
				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

Sept. 25 th – Sept. 29 th	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Wheat Thins	Cooking	Cucumber Slices	Bagels with	Pita Bread &		
	& Apples	Pancakes &	&	Cream Cheese &	Apples		
AM Snack		Milk	Herb Greek	Fresh Fruit			
			Yogurt Dip				
			Toddlers				
	Wheat Thins		Cucumber Slices	Bagels with	Pita Bread &		
	&	Pancakes &	&	Cream Cheese &	Apples		
	Apples	Milk	Herb Greek	Fresh Fruit			
			Yogurt Dip				
	Chicken	Quesadillas with	Chicken Quinoa	Baked Chicken,	Meat Lasagna,		
Lunch	Nuggets, Slice	Spinach,	& Veggie Soup,	Brown Rice,	Pears		
	of Wheat Bread,	Apples & Milk	Fruit	Green Beans,	& Milk		
	Sautéed		& Milk	Melon & Milk			
	Broccoli,						
	Oranges & Milk						
		T	Preschool	T			
	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		

Oct. 2 nd – Oct. 6 th	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Cheerios	Cereal & Fruit	Cooking	Cheese Cubes &	Wheat Thins &	
	& Fresh Fruit		Quesadilla	Apples	Milk	
AM Snack	Toddlers					
	Cheerios	Cereal & Fruit		Cheese Cubes &	Wheat Thins	
	Fresh Fruit		Quesadilla	Apples	& 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	Oranges & Milk			
	Preschool					
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English	
	&	With Cream	Crackers	Bananas	Muffin	
PM Snack	Cube Cheese	Cheese	&		&	
			Apples		Pears	
	Toddlers					
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English	
	&	With Cream	Crackers	Bananas	Muffin	
	Cube Cheese	Cheese	&		&	
			Apples		Pears	

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Weekly Snack & Lunch Menu

Oct. 9 th – Oct. 13 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		
	Infant & 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,	Oranges & Milk	Vegetables and		
Lunch	Cheese	Peas, Pears &	Oranges & Milk		Quinoa &		
	Sandwich, Fruit	Milk			Brown Rice		
	& Milk				Casserole		
					Melon & Milk		
	Preschool						
	Whole Grain	Pretzels &	Apples &	Wheat Thins	Cube Cheese &		
	Cracker & 100%	Bananas	Cheerios	& Fruit	Pears		
PM Snack	Pineapple Juice						
	Toddlers						
	Whole Grain	Cheerios &	Apples &	Wheat Thins	Cottage Cheese		
	Cracker &	Bananas	Cheerios	& Fruit	& Pears		
	Cottage Cheese						

Oct. 16 th – Oct. 20 th	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Multi-Grain	Chex Cereal &	Apples & Wheat	Cooking	Pita Bread &	
	Rice Crackers	Milk	English Muffin	Scrambled Eggs	Bananas	
AM Snack	&			& Milk		
	Fruit					
			Toddlers			
	Multi-Grain	Chex Cereal &	Apples & Wheat	Cheerios	Pita Bread &	
	Crackers &	Milk	English Muffin	& Milk	Bananas	
	Fruit		-			
	Fish Sticks,	Mac n 'Cheese	Beef & Broccoli	Chicken,	Spaghetti, Meat	
	Slice of Wheat	Green Beans	Quesadillas,	Vegetable &	Sauce with Peas,	
Lunch	Bread, Celery	Oranges & Milk	Pears & Milk	Quinoa Soup,	Pears & Milk	
	Sticks with			Oranges & Milk		
	Yogurt Dip					
	Melon & Milk					
	Preschool					
	Cheese &	Cereal & Apples	Berries, Banana,	Herb Greek	Yogurt & Whole	
	Cheerios		Oats and Milk	Yogurt Dip &	Grain Crackers	
PM Snack			Smoothie	Cucumber Slices		
	Toddlers					
	Cheese &	Cereal & Apples	Berries, Banana,	Herb Greek	Yogurt & Whole	
	Cheerios		Oats and Milk	Yogurt Dip &	Grain Crackers	
			Smoothie	Cucumber Slices		

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Weekly Snack & Lunch Menu

Oct. 23 rd – Oct. 27 th	Monday	Tuesday	Wednesday	Thursday	Friday			
			Preschool					
	Multi-Grain	Pears & Wheat	Bagel,	Cooking	Yogurt & Fruit			
	Rice Crackers &	English Muffin	Cream Cheese	Toast with				
AM Snack	Melon		& Fresh Fruit	Butter &				
				Pears				
			Toddlers					
	Multi-Grain	Pears & Wheat	Bagel,	Toast with	Yogurt & Fruit			
	Crackers &	English Muffin	Cream Cheese	Butter &				
	Melon		& Fresh Fruit	Pears				
	Turkey and	Split Pea Soup	Baked Chicken,	"Chili Con	Meat Lasagna,			
Lunch	Cheese	with Carrots,	Mashed	Carne,"	Oranges & Milk			
	Sandwich,	Pears & Milk	Potatoes, Mixed	Broccoli,				
	Carrots with		Veggies, Melon	Oranges & Milk				
	Yogurt Dip,		& Milk					
	Apples & Milk							
	Preschool							
	Chex Cereal &	Cheese Cubes &	Wheat Thins	Herb Greek	Pretzels & Pears			
	Bananas	Pretzels	& Fruit	Yogurt Dip &				
PM Snack				Carrots				
		Infant & Toddlers						
	Chex Cereal &	Cheese Cubes &	Wheat Thins	Herb Greek	Wheat Crackers			
	Bananas	Whole Grain	& Fruit	Yogurt Dip &	& Pears			
		Crackers		Carrots				

Oct. 30 th – Nov. 3 rd	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Kix Cereal	Cheerios &	Cooking	Cereal	Wheat Thins		
	&	Apples	Oatmeal & Milk	& Pears	& Fruit		
AM Snack	Fresh Fruit						
			Toddlers				
	Kix Cereal	Cheerios &		Cereal	Wheat Thins		
	&	Apples	Oatmeal & Milk	& Pears	& Fruit		
	Cottage Cheese						
	Chicken	Lentil Soup with	Meat Loaf	Baked Chicken,	Penne Pasta,		
Lunch	Nuggets, Slice	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with		
	of Wheat Bread,	Pears & Milk	Broccoli, Melon	Potatoes,	Tomato Sauce,		
	Celery Sticks		& Milk	Mixed	Apples		
	with Yogurt Dip,			Vegetables,	& Milk		
	Oranges & Milk			Oranges & Milk			
	Preschool						
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &		
	Crackers & Fruit	Muffin & Cream	Cinnamon Dip		Cheese		
PM Snack		Cheese	& Apples				
			Infant & Toddlers				
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain		
	Crackers & Fruit	Muffin & Cream	Cinnamon Dip		Crackers &		
		Cheese	& Apples		Cheese		

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