#### Weekly Snack & Lunch Menu

July 14th - 18th	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 &	Yogurt & Melon	Pretzels		
	Pears	Bread	Multi-Grain		& Bananas		
PM Snack			Rice Crackers				
	Toddlers						
	Cheese Cubes &	Fruit & Pita	Fruit &	Yogurt & Melon	Cheerios		
	Pears	Bread	Multi-Grain	-	& Bananas		
			Wheat Crackers				

July 21st - 25th	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,"		
	Spinach,	Vegetable &	Rice/Quinoa	& Brown Rice,	Broccoli,		
	Apples & Milk	Penne Pasta	Soup,	Melon	Oranges & Milk		
		Casserole, Pears	Fruit & Milk	& Milk			
		& Milk					
	Preschool						
	Chex Cereal &	Wheat Thins &	Apples &	Berries, Banana	Greek Yogurt		
	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>

July 28th - Aug. 1st	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					
			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	

#### Weekly Snack & Lunch Menu

August 4th - 8th	Monday	Tuesday	Wednesday	Thursday	Friday			
			Preschool					
	Cheerios	Cereal & Fruit	Cooking	Cheese Cubes &	School			
	& Fresh Fruit		Quesadilla	Apples	Closed-			
AM Snack					In-Service			
			Toddlers					
	Cheerios	Cereal & Fruit		Cheese Cubes &	School			
	Fresh Fruit		Quesadilla	Apples	Closed-			
					In-Service			
	Lentil Soup with	Baked Chicken,	Ground Beef	Vegetable, Beef				
	Carrots, Tortilla,	Mashed	with Broccoli &	and Rice/Quinoa	School			
Lunch	Pears & Milk	Potatoes, Green	Quinoa &	Soup, Oranges	Closed-			
		Beans, Fruit &	Brown Rice,	& Milk	In-Service			
		Milk	Oranges & Milk					
			Preschool					
	Apples	Pita Bread	Whole Grain	Cheerios &	School			
	&	With Cream	Crackers	Bananas	Closed-			
PM Snack	Cube Cheese	Cheese	&		In-Service			
			Apples					
		Toddlers						
	Apples	Pita Bread	Whole Grain	Cheerios &	School			
	&	With Cream	Crackers	Bananas	Closed -			
	Cube Cheese	Cheese	&		In-Service			
			Apples					

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August 11th - 15th	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						

#### Weekly Snack & Lunch Menu

August 18th - 22nd	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			
PM Snack	Cheerios		Oats and Milk	Yogurt Dip &	Grain Crackers			
F WI SHACK			Smoothie	Cucumber Slices				
	Toddlers							
	Cheese &	Cereal & Apples	Berries, Banana,	Herb Greek	Yogurt & Whole			
	Cheerios	11	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>

Weekly Snack & Lunch Menu
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August 25th - 29th	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Multi-Grain Rice Crackers &	Pears & Wheat English Muffin	Bagel, Cream Cheese	<i>Cooking</i> Toast with	Yogurt & Fruit		
AM Snack	Melon		& Fresh Fruit	Butter & Pears			
			Toddlers				
	Multi-Grain Crackers & Melon	Pears & Wheat English Muffin	Bagel, Cream Cheese & Fresh Fruit	Toast with Butter & Pears	Yogurt & Fruit		
Lunch	Turkey and Cheese Sandwich, Carrots with Yogurt Dip,	Split Pea Soup with Carrots, Pears & Milk	Baked Chicken, Mashed Potatoes, Mixed Veggies, Melon & Milk	"Chili Con Carne," Broccoli, Oranges & Milk	Meat Lasagna, Oranges & Milk		
	Apples & Milk		•••••••••				
	Preschool						
PM Snack	Chex Cereal & Bananas	Cheese Cubes & Pretzels	Wheat Thins & Fruit	Herb Greek Yogurt Dip & Carrots	Pretzels & Pears		
	Infant & Toddlers						
	Chex Cereal & Bananas	Cheese Cubes & Whole Grain Crackers	Wheat Thins & Fruit	Herb Greek Yogurt Dip & Carrots	Wheat Crackers & Pears		

September 1st - 5th	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	School	Cheerios &	Cooking	Cereal	Wheat Thins		
	Closed-	Apples	Oatmeal & Milk	& Pears	& Fruit		
AM Snack	Labor Day						
			Toddlers				
	School	Cheerios &		Cereal	Wheat Thins		
	Closed-	Apples	Oatmeal & Milk	& Pears	& Fruit		
	Labor Day						
		Lentil Soup with	Meat Loaf	Baked Chicken,	Penne Pasta,		
Lunch	School	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with		
	Closed-	Pears & Milk	Broccoli, Melon	Potatoes,	Tomato Sauce,		
	Labor Day		& Milk	Mixed	Apples		
				Vegetables,	& Milk		
				Oranges & Milk			
	Preschool						
	School	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &		
	Closed-	Muffin & Cream	Cinnamon Dip		Cheese		
PM Snack	Labor Day	Cheese	& Apples				
	Infant & Toddlers						
	School	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain		
	Closed-	Muffin & Cream	Cinnamon Dip		Crackers &		
	Labor Day	Cheese	& Apples		Cheese		

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