

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  Water	Whole wheat Bagels Whipped Cream Cheese  Fresh Fruit	Yogurt  Fresh Fruit (OR *Fruit and Yogurt Smoothie)	*Homemade Berry Bonanza Muffins  Fresh Fruit	Yogurt  Fresh Fruit	* Homemade Wholegrain cereal mix  Fresh Fruit
<b>Lunch</b>  Water Milk	*Homemade Macaroni and Cheese  *Chickpeas and Veggie Salad  Fresh Fruit	*Homemade Baked Breaded or Herbed Chicken, Rice <i>(V=Chickpea and Potato Cakes)</i>  Fresh Fruit	* Chicken Noodle Soup OR Salad  Chicken or Turkey Sandwich on whole-wheat bread <i>(V=Stir fry veggies &amp; rice)</i>  Fresh Fruit	*Bean Burritos with Diced Peppers, Cheese and Salsa  Fresh Fruit	Vegetable Stir-fry with Rice and Tofu  Fresh Fruit
<b>PM Snack</b>  Water	Graham Crackers with Whipped Cream Cheese, Fresh Fruit	Whole Wheat Tortilla Roll Ups with Whipped Cream Cheese/Jam, Fresh Fruit	Whole Wheat Crackers and Cheese, Fresh Fruit	Veggies & Ranch Dip  Whole Grain Crackers	Chocolate Chip Banana Oatmeal Cookies, Fresh Fruit

- \* A star beside the menu selection means you will find the recipe in our recipe book.
- V=Vegetarian option listed in *italics*
- Summer/Spring: salad may be served instead of soup
- **Fruits we serve: Snacks (Apple/Pear) and Lunches (Mon - Apple, Tue & Thu - Melon, Wed - Bananas, Friday - Orange)**
- Infants will be offered the same as older children when developmentally appropriate.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  Water	Yogurt  Fresh Fruit	Banana Muffins  Fresh Fruit	Whole Wheat Crackers and Whipped Cream Cheese  Fresh Fruit	*Homemade Carrot Loaf  Fresh fruit	Yogurt  Fresh Fruit (OR *Fruit and Yogurt Smoothie)
<b>Lunch</b>  Water Milk	Chicken or Turkey Breast Sandwiches on Whole-wheat Bread <i>(V=Stir fry veggies &amp; rice)</i> Salad  Fresh Fruit	Rice Bowl with Stir fry vegetables and rice  Fresh Fruit	*Chicken Pasta <i>(V=Vegetable Cacciatore with Chickpeas)</i>  Steamed Vegetables  Fresh Fruit	*Whole Wheat Pita Cheese Pizza with Homemade Tomato Vegetable Sauce  Salad  Fresh Fruit	Black Bean Burritos with Tomatoes, Cheese & Homemade Salsa  Cucumber sticks  Fresh Fruit
<b>PM Snack</b>  Water	Veggies & Ranch Dip Whole Grain Crackers	*Homemade Chocolate Chip Brownies  Fresh Fruit	Whole Wheat Bagels and Cream Cheese  Fresh Fruit	Homemade Whole Grain Cereal mix  Fresh Fruit	Whole Grain Crackers, Jam and Carrot Sticks

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<b>AM Snack</b>  Water	Unsweetened Applesauce  Rice Crackers	Yogurt  Fresh Fruit (OR *Fruit and Yogurt Smoothie)	Whole Wheat Bagels with Whipped Cream Cheese  Fresh Fruit	*Homemade Blueberry Muffins  Fresh Fruit	Yogurt  Fresh Fruit
<b>Lunch</b>  Water Milk	Homemade Pasta Tomato and Vegetable Cheese Sauce  Salad  Fresh Fruit	*Homemade Bean & Vegetable Soup or Salad  * Chicken or Turkey Breast Sandwiches on Whole-wheat Bread <i>(V=Stir fry veggies &amp; rice)</i>  Fresh Fruit	*Homemade Baked Herbed or Breaded Chicken <i>(V=Chickpea and Potato Cakes)</i>  Roasted or Mashed Potatoes  Fresh Fruit	*Homemade Meatballs with Homemade Tomato Sauce and Rice <i>(V=Veggie Ground Round "Meatballs")</i>  Steamed Peas  Fresh Fruit	Vegetable Stir-fry with Rice and Tofu  Fresh Fruit
<b>PM Snack</b>  Water	* Homemade Whole Grain Cereal Mix  Fresh Fruit	*Homemade Brownies  Fresh Fruit	Veggies & Ranch Dip  Whole Grain Crackers	*Homemade Chocolate Chip Banana Oatmeal Cookies  Fresh Fruit	Jam Tortilla Roll-ups and Carrots

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<b>AM Snack</b>  Water	Homemade Wholegrain cereal mix  Fresh Fruit	Yogurt  Fresh Fruit	Whole Wheat Bagels and Whipped Cream Cheese  Fresh Fruit	Unsweetened Applesauce  Rice Crackers	*Homemade Banana Bran Muffins  Fresh fruit
<b>Lunch</b>  Water Milk	*Pasta with Homemade Lean Ground Beef and Creamy Pasta Sauce with Cheese <i>(V=Homemade Pasta Sauce with Veggie Ground Round)</i> Tossed Salad  Fresh Fruit	*Homemade Bean & Vegetable Soup OR Salad  * Chicken or Turkey Breast Sandwiches on Whole-wheat Bread <i>(V=Stir fry veggies &amp; rice)</i>  Fresh Fruit	*Chicken and Vegetable Stir fry with Rice <i>(V=Tofu and Vegetable Stir fry with Rice)</i>  Fresh Fruit	Black Bean Burritos with Tomatoes, Cheese & Homemade Salsa  Cucumber sticks  Fresh Fruit	Homemade Macaroni & Cheese  Carrot Sticks  Fresh Fruit
<b>PM Snack</b>  Water	Veggies with Ranch Dip  Whole Grain Crackers	*Homemade Oatmeal Cookies  Fresh Fruit	Whole Wheat Pita Bread with Jam and Carrot	Yogurt with *Homemade Granola	*Whole Grain Crackers with cheese  Fresh Fruit

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