

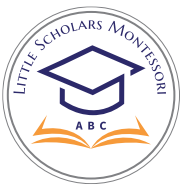


Menu – Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Whole Wheat Toast with Fruit Spread and WOW butter Fresh Fruit	Homemade Banana Muffins Fresh Fruit	Wholegrain Cereal and Milk Fresh Fruit	Yogurt and Puffed Wheat Fresh Fruit	Homemade Apple Cinnamon Baked Oatmeal Cups Fresh fruit
Lunch Water Milk	Moroccan Chickpea and Butternut Squash Tagine Quinoa Green Beans Fresh Fruit	Souvlaki Chicken Chickpea Souvlaki Whole-Wheat Pita Cucumber and Tomato Salad with Greek Dressing Fresh Fruit	Fish Taco bowl: Seasoned fish, Bean Taco bowl Brown Rice Chopped Garden Salad Grated Cheese. Fresh Fruit	Homemade Butternut Squash, Apple and Lentil Soup Cheese Pizza on Whole-Wheat English Muffins Cucumber Slices Fresh Fruit	Whole-Grain Pasta Baked with Homemade Beef and Vegetable Pasta Sauce, and topped with Cheese Homemade Pasta Sauce with Veggie Ground Round Broccoli Fresh Fruit
PM Snack Water	Whole-Wheat Pita Bread with Homemade Hummus and Pepper Sticks	Whole Grain Crackers with Cheese and Apple Slices	Egg Salad Sandwich on Whole-Wheat Bread Fresh Fruit	Homemade Spinach and Feta Flaxseed Scones Fresh Fruit	Homemade Onion Dip with Assorted Veggie Sticks Wholegrain Crackers

- Our meals are homemade from scratch, low Salt, low Sugar, whole-wheat and whole-grain
- V=Vegetarian option listed in green
- Late afternoon pickups: remaining snack items as well as cereal mix
- To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log.
- Infants will be offered the same as older children when developmentally appropriate.



Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Wholegrain Cereal and Milk	Homemade Pineapple Coconut Baked Oatmeal Fresh Fruit	Whole-Wheat Bagel with Fruit Spread Apple Slices	Yogurt and Bran Buds Fresh Fruit	Raisin Bread with Cinnamon Cream Cheese Fresh Fruit
Lunch Water Milk	Whole-Grain Pasta with Homemade Red Lentil Tomato and Vegetable Sauce Parmesan Cheese Caesar Salad Fresh Fruit	Homemade Chicken and Corn Chowder Homemade Bean and Corn Chowder Whole Wheat Dinner Rolls Carrot Sticks Fresh Fruit	Korean Beef, Veggie and Brown Rice Bowls Tofu, Veggie and Brown Rice Bowls Cucumber Slices Fresh Fruit	Hearty Homemade Minestrone Soup with Beans, Pasta and Vegetables Tuna Melts on Whole-Wheat English Muffins Toasted Cheese English Muffin Pepper Sticks Fresh Fruit	Chefs Choice Menu Details will be posted on the menu changes form and the meal will include a serving from each of the food groups. Fresh Fruit
PM Snack Water	WOW Butter Sandwich on Whole-Wheat Bread Banana	Pizza Triangles on Whole-Wheat Pita Carrot Sticks	Homemade Zucchini Loaf with Hemp Hearts and Flaxseed Fresh fruit	Homemade Spinach Dip with Assorted Veggies Wholegrain Crackers	Homemade Black Bean Brownies Fresh Fruit

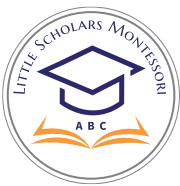
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Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Wholegrain Cereal And Milk	Yogurt and Puffed Wheat Fresh Fruit	Whole-Wheat French Toast Sticks and Berry Puree	Whole-Wheat English Muffin with Cinnamon Cream Cheese Fresh Fruit	Homemade Spiced Pumpkin Banana Muffin Fresh Fruit
Lunch Water Milk	Whole-Grain Pasta with Homemade Cheesy Cauliflower Lentil Sauce Mixed Vegetables Fresh Fruit	Shepherd's Pie with Crispy Potato Topping Shepherd's Pie made with Veggie Ground Round Green Beans Fresh Fruit	Tex Mex Veggie and Bean Chilli Grated Cheese Whole Wheat Dinner Rolls Carrot Sticks Fresh Fruit	Baked Provencal Herbed Fish Vegetable and Cheese Egg Muffin Quinoa Pilaf Broccoli Fresh Fruit	Butter Chicken Curry Chickpea and Vegetable Curry Brown Rice Peas Fresh Fruit
PM Snack Water	Homemade Protein Bar with Chia Seed and WOW Butter Fresh Fruit	Tuna Sandwich on Whole-Wheat Bread Cucumber Sticks	Homemade Carrot Loaf Fresh Fruit	Whole-Wheat Pita and Homemade Roasted Garlic Lentil Dip Pepper Sticks	Whole Grain Crackers With Cheese Apple Slices

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Menu – Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Yogurt and Bran Buds Fresh Fruit	Whole Wheat Bagels and Cream Cheese Fresh Fruit	Banana Oat Monkey Bars Fresh Fruit	Wholegrain Cereal And Milk	Homemade Lemon Poppy Seed Loaf with Flax Seed Fresh Fruit
Lunch Water Milk	Tuna Noodle Tetrizzini Casserole with Whole-Wheat Pasta Chickpea and Potato Sticks, Buttered Pasta Peas Fresh Fruit	Ground Beef Sloppy Joes with Whole-Wheat Buns Cheddar Cheese Veggie Burger on Whole-Wheat Bun Caesar Salad Fresh Fruit	Caribbean Chickpea and Veggie Stew Brown Rice Cucumber Slices Fresh fruit	Homemade Pasta Faggioli Soup Broccoli and Cheese Egg Muffins Whole Wheat Dinner Rolls Carrot Sticks Fresh Fruit	BBQ Chicken Fillets Quinoa and Bean Pilaf Quinoa Pilaf Carrots Fresh Fruit
PM Snack Water	Whole Grain Crackers with WOW Butter Banana	Homemade Wholegrain Oat Chia and Cranberry Granola Bars Fresh Fruit	Cheesy Pizza Puffs Cucumber Slices	Home Made Ranch Dip with Assorted Veggies Whole Grain Crackers	Turkey Sandwich on Whole-Wheat bread Cherry Tomatoes

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