

## Menu – Week 1

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

- 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
<b>AM Snack</b>  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
<b>Lunch</b>  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
<b>PM Snack</b>  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
<b>AM Snack</b>  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
<b>Lunch</b>  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
<b>PM Snack</b>  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
<b>AM Snack</b>  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
<b>Lunch</b>  Water Milk	Tuna Noodle Tetrazzini 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
<b>PM Snack</b>  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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