

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack		Rice Krispies w/ Milk	Yogurt Animal Crackers Water	Ritz Crackers String Cheese Water	Nutragrain Bar Seasonal Fruit Water	Mini Bagel w/ Cream Cheese 100% Juice
Lunch		Pizza	Fish Sticks on a roll	Chicken Nuggets	Macaroni & Cheese	Turkey & Cheese Sandwich on Whole Wheat Bread
		Pineapple	Potato Smiles	Mashed Potatoes	Broccoli	Mixed fruit
		Milk	Peaches	Kings Hawaiian Rolls	Pears	Corn
PM Snack			Milk	Mandarin Oranges Milk	Milk	Milk
		Apple slices Graham Crackers Water	Giant Goldfish Grahams Applesauce Water	Trail Mix 100% Juice	Scooby Doo Cookies Apple Slices Water	Nilla Wafers / Fruited Yogurt Water

Low fat milk is served to children 2 and older.

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack		Cheerios w/ Milk	Teddy Grahams Mandarin Oranges Water	Blueberry Muffins Water	Yogurt Sliced Peaches Water	Pancakes Applesauce Water
Lunch		Pizza	Fish Sticks w/ Roll	Grilled Cheese on whole Wheat bread	Chicken Breast Patties w/ Hamburger Roll	Ham & Cheese Sandwich on Whole Wheat Bread
		Pears	Potato Smiles	Tomato Soup		Cucumber Slices
		Milk	Mixed Fruit	Pears	Corn	Pineapple
PM Snack			Milk	Milk	Apple Slices Milk	Milk
		Goldfish 100% Juice	Yogurt Seasonal Fruit Water	Trail Mix 100% Juice	Ritz Crackers w/Cream Cheese & Jelly 100% Juice	Graham Crackers Seasonal Fruit Water

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Child's Name	Parent Signature	Date
Please Print Clearly		

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack		Chex Cereal w/ Milk	Animal Crackers Applesauce	Cheez-Its Seasonal Fruit	Yogurt Animal Crackers	Mini Bagel w/ Cream Cheese 100% Juice
			Water	Water	100% Juice	
Lunch		Goulash w/whole wheat Penne Pasta	Chicken Nuggets	Pizza	Cheese Ravioli w/Sauce	Turkey & Cheese Sandwich on Whole Wheat Bread
		Pears	Mashed Potatoes	Pineapple	Broccoli	Corn
		Milk	Kings Hawaiian Rolls	Milk	Mixed fruit	Pears
			Mixed Fruit		Milk	Milk
			Milk			
PM Snack		Goldfish	Nilla Wafers w/ Fruit Yogurt	Blueberry Muffins	Crackers	Nutragrain Bar
		Mandarin Oranges	Water	100% Juice	String Cheese	Water
		Water			Water	

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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack		Kix Cereal w/ Milk	Saltines w/ Cream Cheese/Jelly	String Cheese	Teddy Grahams	Whole Grain Waffle Sticks
			100% Juice	Seasonal Fruit	Applesauce	w/ Cream Cheese & Jelly
				Water	Water	100% Juice
Lunch						
		Fish Sticks w/ Roll	Chicken Breast Patties	Goulash w/ Penne Pasta	Pizza	Ham & Cheese Sandwich on Whole Wheat Bread
		Potato Smiles	w/ Hamburger Roll	Apple Slices	Pears	Cucumber slices
		Mixed Fruit	Corn	Milk	Milk	Pineapple
		Milk	Mandarin Oranges			Milk
PM Snack			Milk			
		Nilla Wafers	Blueberry Muffins	Goldfish	Yogurt	String Cheese
		Pears	Water	100% Juice	Apple Slices	Cracker
		Water			100% Juice	Water

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PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY

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