

## ***SPRING & SUMMER MENU***

<i><b>WEEK 1</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Whole wheat toast Juice	English muffins Juice	Cinnamon toast Juice	Muffins Juice
<i><b>LUNCH</b></i>	Meatballs in sauce rice & vegetables Fresh fruit Milk	Whole wheat pasta, Caesar salad, Garlic bread Fresh fruit Milk	Beef and Bean quesadillas Salsa /sour cream Vegetables & dip Fresh fruit Milk	Cheddar cheese strata Greek salad Fresh fruit Milk	Soup or salad, Sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Rice cakes Fruit Water	Goldfish Raisins Water	Cheese and crackers Apples Water	Homemade loaf Fruit Water	Homemade cookies Fruit Water

## ***SPRING & SUMMER MENU***

<i><b>WEEK 2</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Raisin Toast Juice	Cereal Milk	Waffles Juice	Muffins Juice
<i><b>LUNCH</b></i>	Grilled cheese sandwiches Tomato soup Veg/dip Fresh fruit Milk	Meatballs in sauce Vegetables Rice Fresh fruit Milk	Quiche Bean salad Tossed salad Fresh fruit Milk	Chicken Drumsticks Potatoes Coleslaw Fresh fruit Milk	Soup or salad Sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Apple sauce Graham crackers Water	Pretzels Fruit Water	Bananas Graham crackers Water	Goldfish Fruit Water	Homemade cookies Fruit Water

## ***SPRING & SUMMER MENU***

<i><b>WEEK 3</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Bagels with cream cheese Juice	Whole wheat toast Juice	English muffins Juice	Muffins Juice
<i><b>LUNCH</b></i>	Tuna and rice casserole Vegetables Fresh fruit Milk	Mexican dinner Beef, lettuce, tomatoes, cheese, salsa, corn chips Fresh fruit Milk  Tods. alternative	Whole wheat cheese pizza Caesar salad Fresh fruit Milk	Baked chicken & rice Vegetables Fresh fruit Milk	Soup or salad sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Nacho chips salsa & sour cream Water Tods. alternative	Apple sauce Graham crackers, Water	Goldfish Fruit Water	Homemade loaf Fruit Water	Homemade cookies Fruit Water

## ***SPRING & SUMMER MENU***

<i><b>WEEK 4</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Whole wheat toast Juice	Waffles Juice	English muffins Juice	Muffins Juice
<i><b>LUNCH</b></i>	Chicken fajitas salsa, sour cream Salad Fresh fruit Milk	Whole wheat pasta, Caesar salad Garlic bread Fresh fruit Milk	Beef Quesadillas Coleslaw Vegetables & dip Sour cream / salsa Fresh fruit Milk	Roast pork, apple sauce, rice vegetables Fresh fruit Milk	Soup or salad Sandwiches Vegetables / dip Pickles Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Rice cakes Fruit Water	Goldfish Fruit Water	Jello Fresh fruit Water	Cheese & crackers Apples Water	Homemade cookies Fruit Water

## ***SPRING & SUMMER MENU***

<i><b>WEEK 5</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Cinnamon toast Juice	Bagels with cream cheese Juice	Cereal Juice	Muffins Juice
<i><b>LUNCH</b></i>	Cheese tortellini Tomato sauce Vegetables Fresh fruit Milk	Quiche Couscous salad Tossed salad Fresh fruit Milk	Baked Chicken breast with Broccoli & pasta Fresh fruit Milk	Baked fish fillets Rice & vegetables Fresh fruit Milk	Soup or salad Sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Apple sauce Crackers Water	Pretzels Fruit Water	Bananas Crackers Water	Homemade loaf Fresh fruit Water	Homemade cookies Fruit Water

## ***SPRING & SUMMER MENU***

<i><b>WEEK 6</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Whole wheat toast & jam juice	Waffles Juice	Raisin toast Juice	Muffins Juice
<i><b>LUNCH</b></i>	Spanish chicken rice Vegetables Fresh fruit Milk	Pulled pork Whole wheat rolls Vegetables & dip Fresh Fruit Milk	Mexican dinner Lettuce, tomatoes, cheese, nachos, salsa & sour cream Fresh fruit Milk  Tods. alternative	Spinach & potato Frittata Tossed Salad Baked beans Fresh fruit Milk	Soup or salad Sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Pitas & dip Fresh fruit Water	Rice cakes Fruit Water	Goldfish Fruit Water	Nacho chips Salsa/sour cream Water  Tods. alternative	Homemade cookies Fruit Water

## ***FALL & WINTER MENU***

<i><b>WEEK 1</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Whole wheat toast Juice	English muffins Juice	Cinnamon toast Juice	Muffins Juice
<i><b>LUNCH</b></i>	Shepherds pie Potatoes Vegetables Fresh fruit Milk	Chicken cacciatore Noodles Vegetables Fresh fruit Milk	Baked fish fillets Rice Vegetables Fresh fruit Milk	Greek pork Potatoes Vegetables Fresh fruit Milk	Homemade Soup sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Rice cakes Fruit Water	Goldfish & Raisins Water	Cheese and crackers Apples Water	Homemade loaf Fruit Water	Homemade cookies Fruit Water

## ***FALL & WINTER MENU***

<i><b>WEEK 2</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Whole wheat toast & jam Juice	Bagels with cream cheese Juice	Waffles Juice	Muffins Juice
<i><b>LUNCH</b></i>	Salmon and rice Casserole Vegetables Fresh fruit Milk	Meatloaf Mashed potatoes Vegetables Fresh fruit Milk	Whole wheat spaghetti Caesar salad Garlic bread Fresh fruit Milk	Baked chicken Drumsticks Rice, vegetables Fresh fruit Milk  Todd's:Chicken nuggets	Homemade Soup sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Pretzels Fruit Water	Apple sauce Graham crackers Water	Goldfish Fruit Water	Bananas Graham crackers Water	Homemade cookies Fruit Water



## ***FALL & WINTER MENU***

<i><b>WEEK 3</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Whole wheat toast Juice	Waffles Juice	Raisin toast Juice	Muffins Juice
<i><b>LUNCH</b></i>	Sweet & sour meatballs Rice & Vegetables Fresh fruit Milk	Cheese quiche Baked beans Vegetables Fresh fruit Milk	Whole wheat cheese pizza Caesar salad Fresh fruit Milk	Beef stew Potatoes Vegetables Fresh fruit Milk	Homemade soup sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Apple sauce Graham crackers, Water	Nacho chips Salsa & sour cream Water Todds: alternative	Goldfish Fruit Water	Jello Fruit Water	Homemade cookies Fruit Water

## ***FALL & WINTER MENU***

<i><b>WEEK 4</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	English muffins Juice	Cereal Milk	Whole wheat toast & jam Juice	Muffins Juice
<i><b>LUNCH</b></i>	Baked macaroni & cheese Vegetables Fresh fruit Milk	Mexican dinner Cheese, lettuce, tomatoes etc. Fresh fruit Milk  Todds: Pasta/veg	Roast pork Apple sauce Potatoes Vegetables Fresh fruit Milk	Baked fish fillets Rice Vegetables Fresh fruit Milk	Homemade soup Sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Rice cakes Fruit Water	Goldfish Fruit Water	Cheese & crackers Apples Water	Banana bread Fresh fruit Water	Homemade cookies Fruit Water

## ***FALL & WINTER MENU***

<i><b>WEEK 5</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Cinnamon toast Juice	Waffles Juice	Bagels with cream cheese Juice	Muffins Juice
<i><b>LUNCH</b></i>	Tuna & rice casserole Vegetables Fresh fruit Milk	Cheese tortellini meatballs, sauce vegetables Fresh fruit Milk	Chili con carne Whole wheat rolls, salad Fresh fruit Milk	Baked cheese strata Vegetables Fresh fruit Milk	Homemade soup Sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Apple sauce Crackers Water	Pretzels Fruit Water  Todds: Alternative	Bananas Crackers Water	Nacho chips Salsa/sour cream Water  Toddlers cookies & fruit	Homemade cookies Fruit Water

## ***FALL & WINTER MENU***

<i><b>WEEK 6</b></i>	<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<i><b>A.M. SNACK</b></i>	Cereal Milk	Whole wheat toast & jam Juice	Raisin toast Juice	Bagels & cream cheese Juice	Muffins Juice
<i><b>LUNCH</b></i>	Baked lemon chicken & rice Vegetables Fresh fruit Milk	Cheese quiche Baked beans Vegetables Fresh fruit Milk	Whole wheat spaghetti Caesar salad Garlic bread Fresh Fruit Milk	Mexican dinner Beef, lettuce, tomatoes, cheese salsa, corn chips Fresh fruit Milk  Todd's; pasta/veg	Homemade soup Sandwiches Vegetables / dip Fresh Fruit Milk
<i><b>P.M. SNACK</b></i>	Goldfish Fresh fruit Water	Rice cakes Fruit Water	Pitas & dip Fruit Water	Homemade loaf Fresh fruit Water	Homemade cookies Fruit Water