

Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Whole Wheat Toast with Fruit Spread and WOW butter Fresh Fruit	Homemade Whole-wheat Banana Blueberry 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 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

- Our nutritious diverse meals are homemade from scratch and are dietitian approved to maximize nutrition. Wherever possible we include healthy additions such as whole-wheat or whole-grain options and lower amounts of salt and sugar.
- 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 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

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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	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

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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 Tetrazzini Casserole with Whole-Wheat Pasta Chickpea and Potato Sticks, Olive Oil 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	Chicken Fillets Baked in BBQ Sauce Quinoa and Bean Pilaf Quinoa Pilaf Carrots Fresh Fruit

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