

Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Yogurt and Puffed Wheat or Homemade Granola Seasonal Fresh Fruit	Banana Blueberry Muffin Seasonal Fresh Fruit	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Berrylicious Smoothie Trail Mix
	Water	Water	Water	Water	Water
Lunch	Baked Penne with Tomato, Lentil and Vegetable Sauce and Mozzarella Cheese Green beans	Greek Chicken, Veggie and Rice Skillet Greek Chickpea, Veggie and Rice Skillet Pita Triangles Corn	One Pot Philly Cheesesteak Pasta One Pot Cheese-bean Pasta Carrots	Tomato Soup Grilled Cheese Sandwiches Cucumber Slices	Jamaican Jerk Chicken Vegetable and Cheese Egg Muffin Mini Naan Garden Salad
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk

- 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 for bread, pasta and crackers as well as 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	Wholegrain Cereal and Milk	Yogurt and Puffed Wheat or Homemade Granola	Bagels with Cinnamon Cream Cheese	Lemon Raspberry Muffins	Wholegrain Cereal and Milk
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Apple Slices	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Cheese Tortellini and Vegetable Primavera	Korean Beef, Veggie and Rice Bowls	Chicken and Vegetable Pot Pie with Biscuit Topping	Hearty Lasagna Soup	Chefs Choice Menu
	Peas	Tofu, Veggie and Rice Bowls	Vegetable and Bean Pot Pie	Hearty Vegetable Lasagna Soup	Details will be posted on the menu changes form and the meal will include a serving from each of the food groups.
	Seasonal Fresh Fruit	Cucumber Slices	Broccoli	Garlic Toast	
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Carrot Sticks	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk

- 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 for bread, pasta and crackers as well as 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 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk	Yogurt and Puffed Wheat or Homemade Granola	Apple Cinnamon Muffin	Wholegrain Cereal and Milk	Banana Blueberry Smoothie
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Trail Mix
	Water	Water	Water	Water	Water
Lunch	Spaghetti with Homemade Tomato, Lentil and Vegetable Sauce Parmesan Cheese	Butternut Squash and lentil soup	Black Bean and Vegetable Enchilada Rice Casserole	Shepherd's Pie with Crispy Potato Topping	Butter Chicken Curry
	Green beans	Turkey Sandwiches Cheese Sandwiches	Carrot Sticks	Shepherd's Pie made with Veggie Ground Round	Chickpea and Vegetable Curry
	Seasonal Fresh Fruit	Cucumber Slices	Carrot Sticks	Broccoli	Mini Naan Bread
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk

- 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 for bread, pasta and crackers as well as 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 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk	Carrot Muffin	Yogurt and Puffed Wheat or Homemade Granola	Wholegrain Cereal and Milk	Bagels with Cinnamon Cream Cheese
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Apple Slices
	Water	Water	Water	Water	Water
Lunch	Butternut Squash Macaroni and Cheese	Beef, Tomato and Mini Pasta Soup	BBQ Chicken and Cheese Quesadillas	Hearty Chicken Noodle Soup	Chefs Choice Menu
	Mixed Vegetables	Bean, Tomato and Mini Pasta Soup Garlic Toast	Cheese Quesadillas	Hearty Bean, Vegetable and Noodle Soup Whole-wheat Bun	Details will be posted on the menu changes form and the meal will include a serving from each of the food groups.
	Seasonal Fresh Fruit	Carrot Sticks	Garden Salad	Rainbow Pepper Sticks	Seasonal Fresh Fruit
	Milk	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Milk

- 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 for bread, pasta and crackers as well as 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.