



Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30 EB: Cereal Variety and Milk MS: Cheese Biscuits L: Hotdog and Chip AS: Vanilla Pudding & Pretzels VEG: Same as Above	31 EB: Cereal Variety and Milk MS: Oatmeal and Milk L: Chicken Parmesan, Green Beans, Peaches, and Milk AS: Veggie straws and Ranch Dressing VEG: Veggie Parmesan	1 EB: Cereal Variety and Milk MS: Wheat Toast and Jelly L: Mac and Cheese, Corn, Applesauce, and Milk AS: Apples slice and crackers VEG: Same as Above	2 EB: Cereal Variety and Milk MS: Pancakes, Syrup, and Seasonal Fruit L: Beanie Weenies, Green Beans, Mandarin Oranges, and Milk AS: Pretzel Sticks & Sweet Cream Cheese Dip VEG: Veggie Dogs on a Bun	3 EB: Cereal Variety & Milk MS: Breakfast Burrito and Milk L: Chicken Nuggets, Peas, Pineapple, and Milk AS: Cheese & Crackers VEG: Same as Above
6 EB: Cereal Variety and Milk MS: Whole Wheat Toast and Seasonal Fruit L: Cheesy Chicken & Rice, Broccoli, Fruit Medley, and Milk AS: Pretzels, Chocolate Dip, Apple Slices VEG: Cheesy Tofu & Rice	7 EB: Cereal Variety and Milk MS: Waffle and Milk L: Turkey & Cheese Sandwich, Chips, Applesauce, and Milk AS: Bread Sticks, Marinara & Milk VEG: Three Cheese Wrap	8 EB: Cereal Variety and Milk MS: Muffin and Seasonal Fruit L: Chicken Nuggets, Corn, Pears, and Milk AS: Nacho Chips & Salsa VEG: Veggie Nuggets	9 EB: Cereal Variety and Milk MS: Bagels and Cream Cheese L: Beef Stroganoff with Noodles, Peas, Mandarin Oranges, and Milk AS: Apple Sauce and Animal Crackers VEG: Tempe Stroganoff	10 EB: Cereal Variety & Milk MS: Yogurt and Graham Crackers L: Pizza, Salad, and Milk AS: Trail Mix with Dried Fruit VEG: Same as Above
13 EB: Cereal Variety and Milk MS: Pancakes, Syrup, and Seasonal Fruit L: Italian Meatballs, Rolls, Carrots, Pears, and Milk AS: Cheese Sticks and Crackers VEG: Veggie Meatballs	14 EB: Cereal Variety and Milk MS: Oatmeal and Milk L: Fish Sticks, Corn, Pineapple, and Milk AS: Veggie Straws & Ranch VEG: Mozzarella Sticks	15 EB: Cereal Variety and Milk MS: Graham Crackers, Apple Butter, and Seasonal Fruit L: Soft Tacos, Corn, Mandarin Oranges, and Milk AS: Jell-O with Fruit VEG: Soft Tacos with Black Beans	16 EB: Cereal Variety and Milk MS: Monkey Bread and Seasonal Fruit L: Ham & Cheese Wraps, Green Beans, Applesauce & Milk AS: Fruit Smoothies and Animal Crackers VEG: Bean and Cheese Quesadillas	17 EB: Cereal Variety & Milk MS: Toast and Jelly L: Cheesy Noodle, Green Beans, Peaches and Milk AS: graham crackers and milk VEG: Veggie Sausage
20 EB: Cereal Variety and Milk MS: Biscuits and Seasonal Fruit L: Chicken Tenders, Green Beans, Pears, and Milk AS: Whole Grain Cereal with Vanilla Yogurt VEG: Veggie Nuggets	21 EB: Cereal Variety and Milk MS: Waffle and Milk L: Beanie Weenies, Rolls, Applesauce, and Milk AS: Mixed Veggies & Ranch VEG: Veggie Beanie Weenies	22 EB: Cereal Variety and Milk MS: Apple Butter and Toast L: Grilled Cheese, Tomato Soup, Peaches, and Milk AS: Apple Slices & Graham Crackers VEG: Same as Above	23 EB: Cereal Variety and Milk MS: Yogurt and Sliced Bananas L: Spaghetti with Meat Sauce, Tossed Salad, Fruit Medley. And Milk AS: Trail Mix with Dried Fruit VEG: Spaghetti with Boca Crumbles	24 EB: Cereal Variety & Milk MS: Muffin and Seasonal Fruit L: Pizza, Salad, Pineapple and Milk AS: Goldfish and Milk VEG: Veggie Sausage
27 EB: Cereal Variety and Milk MS: Cheese Biscuits and Seasonal Fruit L: Shepherd's Pie with Peas, Carrots and Mashed Potatoes AS: Pita Wrap and Cheese Slices VEG: Same as Above	28 EB: Cereal Variety and Milk MS: Oatmeal and Milk L: Ravioli, Tossed Salad, Fruit Medley and Milk AS: String Cheese and Crackers VEG: Cheese Ravioli			

EB- Early Breakfast

MS- Morning Snack

L- Lunch

AS- Afternoon Snack

Veg- Vegetarian