

# What's on the Menu?

**WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Whole Grain Chex w/Milk Fresh Bananas Water	Warm Oatmeal Fresh Blueberries Milk	Blueberry Muffins Milk	Cheese Grits Turkey Sausage Milk	Whole Grain Cheerios w/Milk Fresh Bananas
<b>LUNCH</b>	Macaroni and Cheese Green Beans Diced Pears Milk <b>Cheese Manicotti</b>	Beef Stew with Vegetables <b>Mashed Potatoes</b> Fresh Cantaloupe Whole Wheat Roll <b>Garden Burger</b>	Pepperoni & Cheese Pizza Steamed Broccoli Peaches Milk <b>Cheese Pizza</b>	Tomato Soup Grilled Cheese Sandwich on White/Wheat Bread Applesauce	Chicken Parmesan with Spaghetti Steamed Carrots Pineapples Milk <b>Turkey Rollups</b>
<b>AFTERNOON SNACK</b>	Fruit Muffin Milk Water	Whole Wheat Crackers Cheese Cubes Water	Fig Newton Milk	Warm Soft Pretzel & <b>Cheese Dip</b> Milk	Yogurt Parfait (Granola, Strawberries or Blueberries) Water
<b>DINNER</b>	Cheeseburger on w Whole Wheat Bun Cucumber Slices Peaches <b>Black bean Burger</b>	Chicken and Cheese Quesadilla Black Beans Fresh Blueberries <b>Cheese Quesadilla</b>	Beef Ravioli Cauliflower Pears Milk <b>Cheese Ravioli</b>	Baked Chicken Nuggets Steamed Broccoli Fresh Honeydew Whole Wheat Dinner Roll <b>Meatless Chicken Nuggets</b>	Turkey and Cheese Sandwich on Whole Wheat Bread Steamed Zucchini & Squash Rounds Fresh Bananas Milk <b>Cheese Sandwich</b>



Vegetarian Alternative



Alternative 2 and under



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
- ▶ 1% milk served to children 24 months and older
- ▶ All meals served family style

