

What's on the Menu?

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes* Sliced Ham Bananas Milk/Water	Breakfast Burritos - Scrambled Eggs - Tortilla - Shredded Cheese Orange Slices/Mandarin Oranges Milk/Water	Mini Blueberry Muffins Kiwi Sliced Turkey Milk/Water	Breakfast Sliders - Mini Wheat Bun* - Scrambled Eggs - Bacon - Cheese Fresh Pears/ Diced Pears Milk/Water	Cereal - Toasty O's Hard Cooked Egg Strawberries Milk/Water
AM Snack	Mediterranean Plate Naan Bread Hummus Cucumbers Water	New York Bites Mini Bagels* Cream Cheese Apples/Apple Sauce Water	Wellness Nibbles Hard Cooked Egg Vegetable Sticks Carrots/Celery Sliced Cheese Water	IBLA Protein Bowl Cottage Cheese Pineapple/Diced Peaches Water	Taste of Italy Breadsticks* Marinara Sauce Mozzarella Cheese stick Water
Lunch	Chicken Stir-fry - Diced Chicken - Rice - Scramble Eggs - Mixed Vegetables Fresh Pears Slices/Diced Pears Milk/Water	BBQ Pork Lion Garlic Bread Steamed Carrots Bananas Milk/Water	Cheeseburger - Wheat Bun* - Hamburger Patty - Sliced Cheese Corn/Creamed Corn Fruit Cocktail/Bananas Milk/Water	Spaghetti with Meat Sauce - Spaghetti Noodles - Ground Sausage - Marinara Sauce Steamed Cauliflower Mandarin Oranges Milk/Water	Scalloped Potatoes & Ham - Scalloped Potatoes - Ham Peas and Carrots Diced Peaches Milk/Water
PM Snack	Charcuterie Stackers - Sliced Turkey - Sliced Cheese - Wheat Cracker Water	Yogurt Parfait - Vanilla Yogurt - Mixed Berries - Graham Crackers Water	Critter Munch Mix - Animal Crackers - Cheese Cubes - Dry Cereal Water	Veggie Pizzas - English Muffin - Cream Cheese - Shredded Carrots/Cucumbers/Red peppers Water	Nacho Pita Bites - Pita Bread - Shredded Cheese - Bean Dip Water

- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruit and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, pork, cheese and beans

- ▶ Whole milk is served to infants and toddlers
- ▶ 1% milk is served to young preschool, preschool and kindergarten prep
- ▶ * Whole Grain
- ▶ Under Two Alternatives