

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cornflakes Bananas Organic Milk	Vanilla Yogurt Granola Pears Organic Milk	Homemade Banana Muffins Peaches Organic Milk	Blueberry Muffin Casserole Bananas Organic Milk	Rice Crispies Apples Organic Milk
LUNCH	Teriyaki Glazed Meatballs Steamed Brown Rice Stir Fried Veggies Pears Organic Milk Sub: Veggie Meatballs	Chicken and Dumpling Casserole Steamed Cauliflower Oranges Organic Milk Sub: Veggie Chicken and Dumpling Casserole	Whole Wheat Spaghetti with Meat Sauce Steamed Green Beans Pears Organic Milk	Cheesy, Chicken, Broccoli, and Rice Casserole Steamed Carrots Oranges Organic Milk Sub: Veggie Chicken broccoli Casserole	Shredded BBQ Chicken Sandwiches on Whole Wheat Buns Sweet Potato Fries Fruit Salad Organic Milk Sub: Veggie BBQ Chicken Sandwich
AFTERNOON SNACK	Fresh Fruit Smoothies Cucumber Slices Water Sub: Fruit for infants and Crackers	Wheat Crackers String Cheese Apples Water	Trail Mix Oranges Water	French Toast Sticks Pears Water	Homemade Apple Cinnamon Bread Bananas Water



Vegetarian Alternative



Substitute for 2yrs & 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

