



Week 1– 3/4, 4/15, 5/27

Spring Menu— Six week rotation

Water and Organic Milk (Whole Milk for Infants and Toddlers, 1% for Preschools and Kindergarten) will be served daily with all meals.

Assorted fresh whole fruit and whole grain cereals available daily in each classroom.

Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Blueberry Smoothies-^ Organic Vanilla Yogurt^ Blueberries	English Muffins w/Sun Butter-^ Sun Butter Whole Grain Muffin^	Roasted Potato w/ Peppers & Onions Potato, Peppers, Onions	Waffles w/Syrup & Strawberries-^* Whole Grain Waffle*^ Strawberries	Melon & Pineapple Bites Melon, Pineapple
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Pasta w/Sauce, Cauliflower/Broccoli & a Roll Parmesan Cheese^ (optional) Whole Grain Pasta, Whole Grain Roll Tomato Sauce, Cauliflower/Broccoli	Turkey & Cheese Sandwich w/Apple Slices-^ Turkey, Cheddar Cheese^ Whole Wheat Bread Apple Slices Alt: Herbed "Chicken"	Beef Tacos w/ Fiesta Corn-^ Ground Beef, Cheddar^, Sour Cream^ Whole Grain Tortilla Salsa, Corn, Peppers, Onions Alt: "Beef" Crumble	Chicken Tenders w/ Mashed Sweet Potatoes, Baby Carrots-^ Chicken Whole Grain Coating Sweet Potato^, Carrots Alt: "Chicken" Tenders	Pasta Salad w/Chicken-^ Chicken (optional), Cheddar Cheese^ (optional) Whole Grain Pasta Diced Tomato, Diced Celery, Shredded Carrot Alt: Herbed "Chicken"
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Orange w/Pretzels Whole Grain Pretzels Oranges	String Cheese w/ Wheat Crackers ^ Cheese^ Whole Wheat Cracker	Applesauce cups w/ Graham Crackers Whole Grain Cracker Applesauce	Tomato & Cucumber Salad w/ Balsamic Dressing Tomato, Cucumber	Lemon Poppy seed Bread-^* Whole Grain Mix*^



Week 2– 3/11, 4/22

Spring Menu— Six week Rotation

Water and Organic Milk (Whole Milk for Infants and Toddlers, 1% for Preschools and Kindergarten) will be served daily with all meals.

Assorted fresh whole fruit and whole grain cereals available daily in each classroom.

Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Vanilla Yogurt w/Cinnamon Granola-^ Organic Vanilla Yogurt^ Oats	Maple Brown Sugar Oat-meal Oats	Pancakes w/Syrup-^* Whole Grain Pancake*^	Sausage Biscuits-^ Turkey Sausage Whole Grain Biscuit^	Bagels w/Cream Cheese/Jelly-^ Cream Cheese^ Whole Grain Bagel
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Chicken 'N Waffles w/ Maple Butter Drizzle & Cucumber Rounds-^* Chicken Tender, Maple Butter^ (optional) Whole Grain Coating, Whole Grain Waffle*^ Cucumber Alt: "Chicken" Tenders	Meatball Subs w/ Carrots & Ranch-^* Turkey Meatball, Ranch*, Mozzarella Cheese^ (optional) Whole Grain Roll Carrots, Tomato Sauce Alt: Vegan Meatballs	BBQ Chicken w/ Mashed Potatoes & Green Beans-^ Chicken Breast Green Beans, Potatoes^ Alt: BBQ "Chicken"	Cheese Pizza w/ Apple Slices-^ Mozzarella Cheese^ Whole Grain Crust^ Apples, Tomato Sauce Dairy Alt: Non Dairy Crust Breadsticks w/Dipping Sauce	BLT Wraps w/ Fries Bacon Whole Grain Tortilla Lettuce, Tomato, Potato Alt: "Chicken" Tenders
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Fruit Salad w/String Cheese-^ Cheese^ Melon, Pineapple, Peaches, Pears	Applesauce Bread-^* Whole Grain Mix*^ Applesauce	Cheese Cubes w/ Wheat Cracker-^ Cheddar^ Whole Wheat Cracker	Sun Butter w/ Graham Cracker Sun Butter Whole Grain Cracker	Hummus w/ Pita Chips Hummus Whole Grain Pita Hummus contains Sesame



Week 3– 3/18, 4/29

Spring Menu— Six week Rotation

Water and Organic Milk (Whole Milk for Infants and Toddlers, 1% for Preschools and Kindergarten) will be served daily with all meals.
 Assorted fresh whole fruit and whole grain cereals available daily in each classroom.
 Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Biscuits w/ Cinnamon Honey Butter-^ Butter^ Whole Grain Biscuit^	Strawberry & Kiwi Smoothies-^ Organic Vanilla Yogurt ^ Strawberry, Kiwi	Bagel w/ Strawberry Cream Cheese-^ Cream Cheese^ Whole Grain Bagel Strawberry	Banana Oat Bread-^* Oats, Whole Grain Mix Banana	Fruit Salad Melon, Pineapple, Peaches, Pears
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Corn Chowder w/ Crackers-^ Bacon, Heavy Cream^ Whole Grain Cracker Corn, Carrots, Peas, Onion Veg/Dairy Alt: Veggie Chowder	Grilled Cheese w/ Broccoli-^ Cheddar Cheese^ Whole Wheat Bread Broccoli Dairy Alt: Grilled Chicken	Chicken Bites w/ Mashed Potato Smiles & Green Beans Chicken Bites Potatoes, Green Beans Alt: "Chicken" Tenders	Meatballs w/Gravy, Lemon Basil Orzo Pasta & Cauliflower-^ Turkey Meatball, Gravy^ Whole Grain Pasta Cauliflower Alt: Vegan Meatballs	Grilled Chicken Sandwich w/ Carrot Sticks & Apple Sauce Chicken Whole Grain Roll Carrots, Apple Sauce Alt: Veggie Burger
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Baby Carrots w/Ranch Dressing-* Ranch* Carrots	Warm Cinnamon Apple & Pears Apples, Pears	Cheese Cubes w/ Wheat Crackers-^ Cheddar Cheese^ Whole Wheat Cracker	Melon Bites w/Sliced Ham Ham Cantaloupe and/or Honeydew	Build your own Pasta Salad-^ Cheddar Cheese^ (optional), Ranch* or Balsamic Dressing Whole Grain Pasta Tomato, Carrot, Cucumber



Week 4– 3/25, 5/6

Spring Menu— Six week Rotation

Water and Organic Milk (Whole Milk for Infants and Toddlers, 1% for Preschools and Kindergarten) will be served daily with all meals.
 Assorted fresh whole fruit and whole grain cereals available daily in each classroom.
 Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^-Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	English Muffins w/ Jelly-^ Whole Grain Muffin^	Apple Slices & Sun Butter Sun Butter Apples	Vanilla Yogurt w/ Cinnamon Granola-^ Organic Vanilla Yogurt^ Oats	Roasted Potatoes w/ Ham & Cheese-^ Ham, Cheese^ Potato	Apple Cinnamon Oatmeal Oats
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Topsy Turvy Lasagna w/ Meatballs-^ Mozzarella Cheese^ (optional), Turkey Meatballs (optional) Whole Grain Pasta Tomatoes, Peppers, Onions Alt: Vegan Meatballs	Turkey Burger w/Cheese, Fries & Apple Slices-^ Turkey, Cheddar or Swiss^ Whole Grain Roll Potato, Apples Alt: Veggie Burger	White Pizza w/Chicken & Carrots Sticks-^ Chicken, Mozzarella Cheese^, Alfredo Sauce^ Whole Grain Crust ^ Carrots Alt: Diced "Chicken"	Tortellini Salad w/Balsamic Dressing & Diced Peaches-^* Tortellini^ Whole Grain Tortellini*^ Peaches, Tomatoes, Cucumber, Carrot Alt: Plain Pasta Salad	Grilled Chicken Wrap w/ Sweet Potato Tots Grilled Chicken Strips Whole Grain Tortilla Lettuce, Tomato, Sweet Potato Alt: Grilled "Chicken"
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cheese Cubes w/ Peaches-^ Cheddar Cheese^ Peaches	Pineapple & Coconut Whip w/ Graham Crackers-^ Heavy Cream^ Whole Grain Cracker Pineapple, Coconut	Fruit Salad w/Fresh Mozzarella Bites-^ Mozzarella Bites^ Melon, Pineapple, Peaches, Pears	Orange Wedges w/ Pretzels Whole Grain Pretzel Oranges	Rainbow Fruit Pop w/ Homemade Cinnamon Oat Bars Oats Natural Flavored Pops made with all of the following: Grape, Orange, Strawberry, Apple, Pineapple



Week 5– 4/1, 5/13

Spring Menu— Six week Rotation

Water and Organic Milk (Whole Milk for Infants and Toddlers, 1% for Preschools and Kindergarten) will be served daily with all meals.
Assorted fresh whole fruit and whole grain cereals available daily in each classroom.

Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	French Toast Sticks w/Syrup-^*	Sausage Biscuit-^	Sun Butter w/ Graham Crack-ers	Yogurt w/Peaches^	Cherry Oat Muffins-^*
(1) Protein		Turkey Sausage	Sun Butter	Organic Vanilla Yogurt^	
(2) Grain Equivalent	Whole Grain French Toast*^	Biscuit^	Whole Grain Cracker		Whole Grain Mix*^, Oats
(3) Fruit and/or vegetable				Peaches	Cherries
Lunch	Pasta Alfredo w/ Grilled Chicken & Peas-^	Ham & Cheese Sandwich w/ Apple Slices-^	Mac & Cheese w/ Broccoli-^	Chicken Tenders w/ Buttered Noodles & Carrot Rounds-^	Shredded Beef and Veggie Bowl
(1) Protein	Chicken (optional Add-In), Alfredo Sauce^	Ham, Cheese^	Cheese^	Chicken	Beef
(2) Grain Equivalent	Whole Grain Pasta	Whole Grain Roll	Whole Grain Pasta	Whole Grain Pasta^	Whole Grain Brown Rice
(3) Fruit and/or vegetable	Peas Alt: Grilled "Chicken" Dairy Alt: Herbed Pasta	Apples Alt: Herbed "Chicken"	Broccoli Dairy Alt: Herbed Pasta	Carrots Alt: "Chicken" Tenders	Carrot, Broccoli, Onion Alt: "Beef" Crumble
Afternoon Snack	Fruit Salad w/String Cheese-^	Build your own Parfait-^	Soft Pretzels w/ Mustard	Graham Crackers w/ Cream Cheese-^	Cheese Cubes w/ Homemade Apple Scones-^
(1) Protein	Cheese^	Organic Vanilla/Strawberry Yogurt^		Cream Cheese^	Cheddar & Monterey Cheese^
(2) Grain Equivalent		Oats (Cinnamon Granola)	Whole Grain Pretzels	Whole Grain Cracker	Whole Grain Scone
(3) Fruit and/or vegetable	Pineapple, Melon, Strawberries	Peaches, Strawberries, Pineapple, Blueberries			Applesauce



Week 6– 4/8, 5/20

Spring Menu— Six week Rotation

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 Assorted fresh whole fruit and whole grain cereals available daily in each classroom.
 Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Pancakes w/Syrup & Sausage Link-^* Turkey Sausage Whole Grain Pancake*^	Oatmeal w/ Blueberries Oats Blueberry (Add-In)	Fruit Salad Peaches, Pineapple, Melon	Lemon-Poppy Seed Muffins-^* Whole Grain Mix*^	Strawberry Banana Smoothie-^ Organic Strawberry Yogurt^ Banana
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Shepherd's Pie-^ Beef, Gravy Mashed Potatoes^, Corn Veg Alt: "Beef" Crumble Dairy Alt: NO Potatoes	Grilled Cheese w/Carrots & Ranch-^* Cheese^, Ranch* Whole Wheat Bread Baby Carrots Dairy Alt: Grilled Chicken	Beef n' Cheese Sliders w/ Potato Tots & Peaches-^ Grass-Fed Beef Sliders, Cheese^ (optional) Whole Grain Roll Potato, Peaches Alt: Veggie Burger	Spaghetti & Meatballs w/ Peas-^ Turkey Meatballs, Parmesan Cheese (optional)^ Whole Grain Pasta Peas Alt: Vegan Meatballs	Tomato, Mozz, & Basil Pizza w/ Apple Slices-^ Mozzarella Cheese^ Whole Grain Crust^ Tomato, Apple Dairy Alt: Non Dairy Crust Breadsticks w/ Dipping Sauce
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cheese Sticks w/ Wheat Crackers-^ Cheese^ Whole Wheat Cracker	Strawberry Short"cake"-^ Lightly Sweetened Home-made Whipped Cream^ Whole Grain Biscuit^ Strawberries	Yogurt Pops w/ Home-made Apple Cinnamon Bars-^ Greek Yogurt Tube Pop^ Oats Applesauce	Guacamole w/Tortilla Chips Avocado Corn Tortilla Chips Avocado, Onion, Garlic	Rainbow Fruit Popsicle & Wheat Crackers Whole Wheat Cracker Natural Flavored Pops made with all of the following: Grape, Orange, Strawberry, Apple, Pineapple