

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cornflakes Bananas Organic Milk	Warm Oatmeal Apples Organic Milk	Apple Breakfast Casserole Pears Organic Milk	Whole Wheat Mini Bagel Cream Cheese Peaches Organic Milk	Rice Krispies Apples Organic Milk
LUNCH	Chicken Alfredo with Whole Grain Noodles Steamed Green Beans Pears Organic Milk Sub: Veggie Chicken Alfredo	Chicken Tacos on Whole Wheat Tortillas Salsa and Cheddar Cheese Steamed Carrots Oranges Organic Milk Sub: Veggie Chicken Tacos	Sweet and Sour Turkey Meatballs Fried Rice Fruit Salad Organic Milk Sub: Veggie Meatballs	Homemade Chicken Potpie Steamed Cauliflower Pears Organic Milk Sub: Veggie Chicken Potpie	Whole Grain Cheese Pizza Steamed Peas Oranges Organic Milk
AFTERNOON SNACK	Banana Snack Cake Apples	Pretzel Bites Bananas Water	Corn Muffin Cucumber Slices Water	Fresh Fruit Salsa Homemade Baked Tortilla Chips Water	Whole Grain Mixed Berry Animal Crackers Pears 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

