



# Week 1-12/3, 1/14, 2/25

## Winter-6 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Pancakes w/Sausage &amp; Maple Syrup-^*</b> Turkey Sausage  Whole Grain Pancake^*	<b>Honeydew &amp; Cantaloupe Bites</b>  Honeydew, Cantaloupe	<b>Oatmeal w/ Strawberries</b>  Oats  Strawberry - Optional Add in	<b>Vanilla Yogurt w/ Cinnamon Granola-^</b> Organic Yogurt^  Oats	<b>Diced Potatoes w/ Ham &amp; Cheese-^</b> Diced Ham, Cheese^  Potato <b>Veg Alt: w/out Ham</b> <b>Dairy Alt: Ham w/out Cheese</b>
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Ham &amp; Cheese Wrap w/ Carrots &amp; Ranch-^*</b> Ham, Cheese^, Ranch*  Whole Grain Wrap  Carrots  <b>Veg Alt: Cheese Wrap</b>	<b>Chicken Tenders w/ Rice &amp; Pineapple Bites</b> Chicken  Brown Rice  Pineapple  <b>Veg Alt: Vegan Tenders</b>	<b>Chicken Patty Sandwich w/ Mango Bites-^</b> Chicken Patty  Whole Wheat Bread  Mango  <b>Veg Alt: Vegan Chicken</b>	<b>Pasta Alfredo w/ Peas-^</b>  Whole Grain Pasta^  Peas  <b>Dairy Alt: Olive Oil &amp; Herb Pasta</b>	<b>Meatballs in Gravy w/ Mashed Potatoes &amp; Broccoli-^</b> Turkey Meatballs  Potatoes^, Broccoli  <b>Veg Alt: Vegan Meatballs</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Peaches w/WW Crackers</b>  Whole Wheat Crackers  Peaches	<b>Applesauce Cup w/ Graham Crackers</b>  Whole Grain Cracker  Applesauce	<b>Soft Pretzels w/ Mustard</b>  Whole Grain Soft Pretzel	<b>Trail Mix-^</b> (Baby Trail Mix-Cheerios, Kix, Baked Cheddar Cracker^)  Pretzels, Baked Cheddar Cracker^, Rice Chex, Kix, Graham Bites^	<b>Apple Slices w/Cheese Stick^</b> Cheese Stick^  Apples



# Week 2 –12/10, 1/21

## Winter-6 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Apple Cinnamon Oatmeal</b>  Oats  Apple	<b>French Toast Stick w/ Syrup-^*</b>  Whole Grain French Toast^*	<b>Biscuits w/ Sausage &amp; Cheese-^</b> Turkey Sausage, Cheese^  Whole Grain Biscuit^	<b>Strawberry Banana Smoothie w/ Graham Crackers-^</b> Organic Yogurt^  Whole Grain Cracker  Strawberries, Bananas	<b>Apple Cinnamon Bread-^*</b>  Muffin Mix ^*  Applesauce
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Pasta w/ Sauce, Breadstick &amp; Pear Bites</b>  Parmesan Cheese^ (Optional Topping)  Whole Grain Pasta, Whole Grain Breadstick  Tomato Sauce, Pears	<b>Chicken Noodle Soup w/ Crackers</b>  Chicken  Whole Grain Pasta, Whole Grain Cracker  Carrot, Onion, Celery  <b>Veg Alt: Veg Noodle Soup</b>	<b>Turkey &amp; Cheese Wrap w/ Cheddar Crackers &amp; Peaches-^</b>  Ham, Cheese^  Whole Grain Crackers^  Peaches  <b>Veg Alt: Cheese Wrap</b>	<b>Chicken Tacos w/ Rice &amp; Fiesta Corn</b>  Chicken, Sour Cream^ (Optional Topping)  Brown Rice, Soft Taco Shell  Corn, Peppers, Onion, Salsa  <b>Veg Alt: Vegan Chicken</b>	<b>Topsy Turvy Veggie Lasagna-^</b>  Mozzarella Cheese^ (Optional)  Whole Grain Pasta  Tomatoes, Onions, Peppers  <b>Dairy Alt: No Cheese</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Fruit Salad w/ Graham Bites-^</b>  Graham Bites^  Pineapple, Peaches, Cantaloupe, Honeydew	<b>Soft Pretzel Bites w/ Cheddar Dipping Sauce</b> Cheddar Cheese^  Whole Grain Soft Pretzel	<b>Warm Apples w/ Cinnamon</b>  Apples	<b>Whole Wheat Crackers w/ Cheese Cubes-^</b> Cheese^  Whole Grain Crackers	<b>Hummus w/ Baby Carrots</b>  Hummus  Carrots  <b>Hummus contains Sesame</b>



# Week 3-12/17, 1/28

## Winter-6 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Pineapple Coconut Smoothie w/ Graham Cracker-^</b> Organic Yogurt^	<b>English Muffin w/Sunbutter-^</b>	<b>Blueberry Oat Bread-^*</b>	<b>Cantaloupe Bites w/ Cheese Cubes-^</b> Cheese^	<b>Vanilla Yogurt w/ Granola-^</b>  Organic Yogurt^  Oats
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Veggie "Fried" Rice w/ Applesauce</b>  Brown Rice  Carrot, Onion, Peas, Applesauce	<b>BLT on Wheat w/ Fries &amp; Pineapple Bites</b>  Bacon  Wheat Bread  Lettuce, Tomato, Pineapple  <b>Veg Alt: Veggie Burger</b>	<b>Pasta Alfredo w/Broccoli-^</b>  Alfredo Sauce^,  Whole Grain Pasta  Broccoli <b>Dairy Alt: Garlic Herb Pasta</b> <b>Veg Alt: Vegan Chicken</b>	<b>Chicken Tenders, Mashed Potatoes &amp; Carrots-^</b>  Chicken  Carrots, Potatoes^  <b>Veg Alt: Vegan Tenders</b>	<b>Chicken Enchilada Bowl w/ Rice</b>  Chicken  Brown Rice  Beans, Onions, Peppers  <b>Veg Alt: Vegan Chicken</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Wheat Cracker w/ Cream Cheese-^</b> Cream Cheese^	<b>Trail Mix-^</b>  (Baby Trail Mix-Cheerios, Kix, Baked Cheddar Crackers^)  Pretzels, Baked Cheddar Crackers^, Rice Chex, Kix, Graham Bites^	<b>Sun Butter w/ Graham Crackers</b> Sunflower Seed Butter  Whole Grain Cracker	<b>Mozzarella Sticks w/ Sauce-^*</b> Mozzarella Cheese*^  Whole Grain Coating  Tomatoes	<b>Carrots &amp; Broccoli w/Ranch Dip-*</b> Ranch*  Carrots, Broccoli



# Week 4 –12/24, 2/4

## Winter-6 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Oatmeal w/ Warm Peaches</b>  Oats  Peaches (Add in)	<b>Biscuits w/ Honey Butter-^</b>  Whole Grain Biscuit^  Note: Honey Butter^	<b>Vanilla Yogurt w/ Strawberries-^</b> Organic Yogurt^  Strawberries	<b>Pancakes w/ Syrup &amp; Sliced Ham-^*</b> Ham  Whole Grain Pancake^*	<b>Bagel w/ Cream Cheese &amp; Applesauce-^</b>  Cream Cheese^  Whole Grain Bagel  Applesauce
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Pasta Alfredo w/ Chicken &amp; Broccoli-^</b>  Chicken (Add in), Alfredo Sauce^ Pasta^  Broccoli  <b>Veg Alt: Vegan Chicken</b> <b>Dairy Alt: Olive Oil &amp; Herb Pasta</b>	<b>Meatball w/Sauce, Green Beans, &amp; Bread Stick-^</b>  Turkey Meatballs, Cheese^ Whole Grain Breadstick  Green Beans, Tomato Sauce  <b>Veg Alt: Vegan Meatball</b>	<b>Ham &amp; Cheese Sandwich w/ Cantaloupe Bites-^</b>  Ham, Cheese^  Whole Wheat Bread  Cantaloupe  <b>Veg Alt: Cheese Sandwich</b>	<b>BBQ Chicken, w/ Corn &amp; Roasted Potatoes</b>  Chicken  Corn, Potatoes  <b>Veg Alt: Vegan Tenders</b>	<b>Turkey Sliders w/ Sweet Potato Fries &amp; Applesauce</b>  Turkey  Whole Grain Roll  Sweet Potato, Applesauce  <b>Veg Alt: Veggie Burger</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Soft Pretzels w/ Fresh Mozzarella Bites-^</b>  Fresh Mozzarella^  Whole Grain Soft Pretzel	<b>Graham Crackers w/ Apple Butter</b>  Whole Grain Cracker  Apples	<b>Carrots w/ Ranch Dip-*</b>  Ranch*  Carrots	<b>Fruit Salad w/ Wheat Crackers</b>  Whole Wheat Cracker  Pineapple, Peaches, Cantaloupe	<b>Melon Bites w/ Cheese Sticks-^</b>  Cheese Stick^  Honeydew Melon



# Week 5 –12/31, 2/11

## Winter-6 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
<b>Morning Snack</b>	<b>Banana Vanilla Smoothie w/ Graham Crackers-^</b>	<b>Biscuit w/ Jelly &amp; Turkey Sausage Link-^</b>	<b>Lemon Blueberry Muffins-^*</b>	<b>English Muffin w/ Honey Butter-^</b>	<b>Apple Cinnamon Oatmeal</b>
(1) Protein	Organic Yogurt^	Turkey Sausage		Honey Butter^	
(2) Grain Equivalent	Whole Grain Cracker	Whole Grain Biscuit^	Muffin Mix ^*	Whole Grain Muffin^	Oats
(3) Fruit and/or vegetable	Bananas		Blueberries		Applesauce
<b>Lunch</b>	<b>Chicken Tenders w/ Rice &amp; Baby Carrots</b>	<b>Ravioli w/ Tomato Sauce &amp; Green Beans-^*</b>	<b>Chicken &amp; Rice Soup w/ Biscuits-^</b>	<b>Turkey &amp; Cheese Wrap w/ Fries, &amp; Cantaloupe Bites-^</b>	<b>BBQ Meatballs w/ Garlic/ Olive Oil Pasta &amp; Mango Bites-^</b>
(1) Protein	Chicken	Cheese Ravioli^*, Parmesan Cheese^ (Optional)	Chicken	Turkey, Cheese^	Turkey Meatballs
(2) Grain Equivalent	Rice, Whole Grain Coating on Chicken	Whole Grain Pasta	Whole Grain Biscuit^	Whole Grain Wrap	Whole Grain Pasta
(3) Fruit and/or vegetable	Carrots	Green Beans	Celery, Onion, Carrot	Potatoes, Cantaloupe	Mango
	<b>Veg Alt: Vegan Tender</b>	<b>Dairy Alt: Olive Oil &amp; Herb Pasta</b>	<b>Veg Alt: Veggie Soup</b>	<b>Veg Alt: Cheese Wrap</b>	<b>Veg Alt: Vegan Meatball</b>
<b>Afternoon Snack</b>	<b>Broccoli w/ Ranch Dip &amp; Wheat Crackers-*</b>	<b>Fruit Salad w/ Pretzels</b>	<b>Trail Mix-^</b>	<b>Pear Halves w/ Graham Crackers</b>	<b>Cheese Cubes w/ Wheat Crackers-^</b>
(1) Protein	Ranch*		(Baby Trail Mix-Cheerios, Kix, Baked Cheddar Crackers^)		Cheese^
(2) Grain Equivalent	Whole Wheat Cracker	Whole Grain Pretzels	Pretzels, Baked Cheddar Crackers^, Rice Chex, Kix, Graham Bites^	Whole Grain Cracker	Whole Wheat Cracker
(3) Fruit and/or vegetable	Broccoli	Pineapple, Peaches, Cantaloupe, Honeydew		Pears	



# Week 6 –1/7, 2/18

## Winter-6 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
<b>Morning Snack</b>	<b>Mango &amp; Cream Smoothie w/ Graham Crackers-^</b>	<b>Strawberries and Cream Bread-^*</b>	<b>Waffles Sticks w/ Syrup-^*</b>	<b>Biscuits w/ Sausage &amp; Cheese-^</b>	<b>Honeydew &amp; Cantaloupe</b>
(1) Protein	Organic Yogurt^	Cream Cheese^		Sausage Patty (Turkey), Cheese^	
(2) Grain Equivalent	Whole Grain Cracker	Muffin Mix^*	Whole Grain Waffle Stick*^	Whole Grain Biscuit^	
(3) Fruit and/or vegetable	Mango	Strawberries	Whole Fruit Available	Whole Fruit Available	Honeydew, Cantaloupe
<b>Lunch</b>	<b>Chicken Strip Wrap w/ Cheese &amp; Sweet Potato Fries-^</b>	<b>Baked Ham w/ Roasted Potatoes &amp; Corn</b>	<b>Pasta w/Meatballs &amp; Peaches</b>	<b>Mac &amp; Cheese w/ Diced Ham, &amp; Carrots-^</b>	<b>Chicken Tacos w/ Rice, &amp; Pineapple Bites-^</b>
(1) Protein	Chicken, Cheddar Cheese^	Ham	Turkey Meatball, Parmesan Cheese^ (Optional)	Diced Ham (Optional), Cheese^	Chicken, Cheese^ (Optional), Sour Cream^ (Optional)
(2) Grain Equivalent	Whole Grain Wrap		Whole Grain Pasta	Whole Grain Pasta	Whole Grain Wrap, Brown Rice
(3) Fruit and/or vegetable	Sweet Potato, Diced Tomato	Potatoes, Corn	Tomato, Peaches	Carrots	Pineapple, Salsa
	<b>Veg Alt: Vegan Chicken</b>	<b>Veg Alt: Veggie Burger</b>	<b>Veg Alt: Vegan Meatball</b>	<b>Dairy Alt: Olive Oil &amp; Herb Pasta</b>	<b>Veg Alt: Vegan Chicken</b>
<b>Afternoon Snack</b>	<b>Applesauce w/ Cheddar Cracker-^</b>	<b>Soft Pretzels w/ Fresh Mozzarella Bites-^</b>	<b>Wheat Cracker w/ Cheese Cubes-^</b>	<b>Peaches w/ Pretzels</b>	<b>Hummus w/ Carrots</b>
(1) Protein		Fresh Mozzarella^	Cheese^		Hummus
(2) Grain Equivalent	Whole Grain Cracker^	Whole Grain Soft Pretzel	Whole Wheat Cracker	Whole Grain Pretzel	
(3) Fruit and/or vegetable	Applesauce			Peaches	Carrots <b>Hummus contains Sesame</b>