

# What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	All Bran Apples Organic Milk	Vanilla Yogurt Granola Pears Organic Milk	Warm English Muffin Homemade Jam Bananas Organic Milk	Egg Bake Peaches Organic Milk	Cheerios Bananas Organic Milk
LUNCH	BBQ Turkey Meatloaf Mashed Potatoes Steamed Peas Pears Organic Milk  Sub: Veggie BBQ Meatloaf	Chicken Alfredo with Whole Grain Noodles Steamed Green Beans Oranges Organic Milk  Sub: Veggie Chicken Alfredo	Cheesy, Chicken, Broccoli, and Rice Casserole Steamed Carrots Pears Organic Milk  Sub: Veggie Chicken and Broccoli Casserole	Ranch Cheddar Chicken Pinto Beans Steamed Cauliflower Oranges Organic Milk  Sub: Veggie Ranch Cheddar Chicken	Sloppy Joes on Whole Wheat Buns Sweet Potato Fries Fruit Salad Organic Milk  Sub: Veggie Sloppy Joes
AFTERNOON SNACK	Blueberry Muffin Cucumber Slices Water	Pretzel Bites Apples Water	Banana Snack Cake Oranges Water	Fresh Fruit Smoothies Pita Chips Water  Sub: Crackers and Fruit for infants	Oatmeal Squares Pears Water  Sub: Crackers and Fruit for infants



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

