

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Rice Krispies Apples Organic Milk	Mini Cheese Omelets Pears Organic Milk	Blueberry Muffins Peaches Organic Milk	French Toast Casserole Peaches Organic Milk	All Bran Apples Organic Milk
LUNCH	Chicken Noodle Casserole Steamed Carrots Pears Organic Milk Sub: Veggie Chicken Noodle Casserole	Swedish Meatballs Mashed Potatoes Steamed Green Beans Oranges Organic Milk Sub: Veggie Swedish Meatballs	Chinese Chicken Steamed Brown Rice Pears Organic Milk Sub: Veggie Chinese Chicken	Shredded Beef Sandwiches on Whole Wheat Buns Steamed Cauliflower Oranges Organic Milk Sub: Veggie Beef Sandwich	Grilled Chicken Nuggets Sweet Potato Fries Fruit Salad Organic Milk Sub: Veggie Chicken Nuggets
AFTERNOON SNACK	Sun Butter and Banana Sandwich	Cheese Quesadilla Cucumber Slices Water	Wheat Crackers Bananas Water	French Toast Sticks Apples Water	Homemade Banana Bread Oranges 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

