



Week 1– 9/3, 10/15, 11/26

Fall Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit 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	Cantaloupe Bites & Sliced Ham Ham Cantaloupe	Biscuit w/Sausage Patty & Cheese-^ Turkey Sausage Patty, Cheese (optional)^ Whole Grain Biscuit^	Blueberry Smoothie & Wheat Crackers-^ Organic Vanilla Yogurt-^ Wheat Crackers Blueberries	English Muffin w/ Sunbutter & Jelly Sunbutter Whole Wheat Muffin	Vanilla Yogurt w/ Strawberries-^ Organic Vanilla Yogurt-^ Strawberries
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Mac N' Cheese w/ Green Beans-^ Cheese^ Whole Grain Pasta Green Beans Dairy Alt: Garlic/Basil Pasta	Turkey & Cheese Sandwiches w/Carrot Sticks-^ Turkey, Cheese^ Whole Wheat Bread Carrots Veg Alt: Herbed Vegan Chicken	Chicken Parmesan w/ Peas-^ Breaded Chicken, Mozzarella Cheese^ Peas, Tomato Sauce Veg Alt: Vegan Tenders Dairy Alt: No Cheese	Corn Chowder w/Bacon & Biscuits-^ Bacon (Optional), Cream^ Whole Grain Biscuit^ Corn, Carrots, Peas, Onion, Potato Dairy Alt: Clear Chowder	Cheesesteak Slider w/ Chopped Salad-^ Beef, Cheese Sauce^ (Optional) Whole Wheat Roll Lettuce, Carrot, Tomato Veg Alt: Vegan Beef Crumble
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Apple Slices w/ Cheddar Crackers-^ Whole Grain Cracker^ Apple Slices	Pumpkin Bread-^* Whole Grain Mix^* Pumpkin	Warm Cinnamon Pears Pears	Fruit Salad w/Graham Crackers Whole Grain Cracker Pineapple, Orange, Pear, Peaches	Trail Mix-^ (Baby Trail Mix– Rice Chex, Kix, Cheddar Crackers^, Graham Cracker Bites^) Mini Pretzels, Rice Chex, Kix, Cheddar Crackers^, Graham Cracker Bites^



Week 2– 9/10, 10/22

Fall Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit 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/Sausage & Maple Syrup-^* Turkey Sausage Whole Grain Pancake	Strawberry & Banana Smoothie w/Whole Wheat Crackers-^ Organic Vanilla Yogurt^ Whole Wheat Crackers Strawberries, Bananas	Fresh Cantaloupe Chunks Cantaloupe	Cereal & Milk-^ Organic Milk Whole Grain Cereals	Bagels w/ Sunbutter & Jelly Sunbutter Whole Grain Bagel
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Ham & Cheese Wrap w/ Carrots & Ranch-^* Ham, Cheese^ Whole Grain Wrap Carrot Veg Alt: Herbed Vegan Chicken *Ranch contains Egg	Chicken Patty Sandwich w/ Broccoli & Cheddar Crackers-^ Chicken Patty Whole Grain Roll, Goldfish Cracker^ Broccoli Veg Alt: Vegan Tender	Beef Sliders w/Corn on the Cob Beef Whole Grain Roll Corn on the cob (Babies will receive kernel corn) Veg Alt: Veggie Burger	Cheese Pizza w/Green Beans-^ Cheese^ Whole Grain Crust Tomato Sauce, Green Bean Dairy Alt: Dairy Free Crust with Dipping Sauce	Chicken N' Gravy w/Rice and Baby Carrots-^ Chicken, Gravy^ (Optional) Brown Rice Carrots Veg Alt: Vegan Chicken w/ Vegetarian Gravy
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Peaches w/Whole Wheat Crackers Whole Wheat Cracker Peaches	Apples w/ Sunbutter Sunflower Butter (Babies will receive Cheese Cubes) Apples	Mandarin Oranges w/ Pretzels Whole Grain Pretzels Oranges	Applesauce w/ Graham Crackers Whole Grain Cracker Applesauce	Hummus w/Pita Chips *Babies receive crackers Hummus Whole Grain Pita NOTE: Hummus contains sesame



Week 3– 9/17, 10/29

Fall Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit 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	Waffles w/ Syrup & Yogurt-^*	Cereal & Milk-^	Honeydew & Cantaloupe bites	Maple & Brown Sugar Oatmeal	Strawberry Yogurt w/ Granola -^
(1) Protein	Organic Vanilla Yogurt^	Organic Milk			Organic Strawberry Yogurt^
(2) Grain Equivalent	Whole Grain Waffle*	Whole Grain Cereals		Oatmeal	Oats
(3) Fruit and/or vegetable			Honeydew, Cantaloupe		
Lunch	Grilled Chicken w/Tomato Basil Pasta	Build Your Own Nachos!-^	Turkey Meatballs & Gravy w/Pasta-^	Chicken Soup w/Rice	Turkey Burger w/Fiesta Corn
(1) Protein	Chicken	*All Toppings are optional Pulled Pork, Cheese Sauce^, Beans	Turkey Meatball, Gravy^ (optional)	Chicken	Turkey Burger
(2) Grain Equivalent	Whole Grain Pasta	Corn Tortilla Chips	Whole Grain Pasta	Brown Rice	Whole Grain Roll
(3) Fruit and/or vegetable	Tomato, Basil Veg Alt: Vegan Chicken Tenders	Tomato Pork Alt: Chicken Veg Alt: Vegan Chicken	Veg Alt: Vegan Meatball	Carrots, Peas, Onion, Celery Veg Alt: Veg Soup w/ Rice	Corn, Green Pepper, Red Pepper, Onion Veg Alt: Veggie Burger
Afternoon Snack	Soft Pretzels w/Mustard & Applesauce	Fruit Salad w/Crackers	Trail Mix-^	Carrots & Broccoli w/Ranch-*	Cheese Cubes w/Apple Slices-^
(1) Protein			(Baby Trail Mix– Rice Chex, Kix, Cheddar Crackers^, Graham Cracker Bites^)	Ranch Dip*	Cheese Cubes ^
(2) Grain Equivalent	Whole Grain Pretzel	Whole Wheat Crackers			
(3) Fruit and/or vegetable	Applesauce	Pineapple, Cantaloupe, Honeydew	Mini Pretzels, Rice Chex, Kix, Cheddar Crackers^, Graham Cracker Bites^	Carrots, Broccoli *Ranch contains Egg	Apple Slices



Week 4– 9/24, 11/5

Fall Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit 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	French Toast w/Syrup & Peaches-* Whole Grain French Toast*	Mini Blueberry Muffins-* Whole Grain Muffin* Blueberries	Cantaloupe Chunks & English Muffin w/Jelly Whole Wheat Muffin Cantaloupe	Chicken N' a Biscuit-^ Mini Breaded Chicken Patty Whole Grain Biscuit^	Banana Vanilla Smoothie w/ Graham Crackers-^ Organic Vanilla Yogurt-^ Graham Crackers Bananas
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cheesesteak Slider w/ Mashed Potato Smiles & Mandarin Oranges-^ Beef, Cheese Sauce^ (Optional) Whole Grain Roll Potatoes, Mandarin Oranges Veg Alt: Vegan Beef	Turkey Pot Pie w/Biscuits-^ Turkey, Gravy^ Whole Grain Biscuit^ Peas, Carrots, Potato Veg Alt: Vegan Chicken Pot Pie	Cheese Pizza w/ Cucumber Rounds-^ Cheese^ Whole Grain Crust Tomato Sauce, Cucumbers Dairy Alt: Dairy Free Crust with Dipping Sauce	Beef Sliders w/Sweet Potato Tots Grass Fed Beef Sliders Whole Grain Roll Sweet Potato Veg Alt: Veggie Burger	Ham & Cheese Sandwich w/ Carrot Sticks & Fruit Cup-^ Ham, Cheese^ Whole Grain Bread Carrots, Fruit Cup (varies) Veg Alt: Herbed Vegan Chicken
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Warm Cinnamon Apples Apples	Cheese Cubes w/Whole Wheat Crackers-^ Cheese Cubes^ Whole Wheat Crackers	Yogurt w/Graham Crackers-^ Organic Yogurt^ Whole Grain Cracker	Pita Chips w/Salsa *Babies receive Crackers Whole Grain Pita Salsa	Cinnamon Soft Pretzels-^ ^Cinnamon topping contains Dairy (Butter) Whole Grain Pretzels



Week 5– 10/1, 11/12

Fall Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit 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	Pancake w/Syrup-^* Whole Grain Pan- cake^*	Yogurt w/Granola-^ Organic Vanilla Yogurt Oats	Cereal w/ Milk-^ Organic Milk Whole Grain Cereals	English Muffins w/Jelly & Tur- key Roll Ups-^ Turkey Whole Grain English Muffin^	Fruit Salad Pineapple, Pears, Peaches, Oranges
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Roasted Garlic Pasta w/ Carrots Whole Grain Pasta Carrots	Teriyaki Pineapple Chicken w/Rice Chicken (Teriyaki contains Soy and Sesame, will be omitted for those allergic) Brown Rice Pineapple Veg Alt: Vegan Chicken	Beef Stew w/ Biscuits-^ Beef Whole Grain Biscuit^ Mixed Vegetables Veg Alt: Vegan Beef Crumble Stew	Mac N' Cheese w/Broccoli-^ Cheese^ Whole Grain Pasta Broccoli Dairy Alt: Garlic/Basil Pasta	Chicken N' Waffles w/Maple Butter Drizzle & Carrots-^* *Drizzle contains Dairy (Butter) Chicken Bites Whole Grain Waffle* Carrots Veg Alt: Vegan Chicken Ten- ders
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cantaloupe & Pineap- ple Bites Cantaloupe, Pineapple	Whole Wheat Cracker w/ Cream Cheese & Sunbutter-^ Cream Cheese^, Sunbutter Whole Wheat Cracker	Apple Slices w/Cheese Cubes-^ Cheddar & Monterey Jack Cheese^ Apples	Caprese Salad-^ Mozzarella Cheese Bites^ Tomato, Basil	Graham Crackers w/Apple Butter Whole Grain Cracker Apples



Week 6– 10/8, 11/19

Fall Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit 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/ Honey Butter & Sausage-^ Honey Butter^, Turkey Sausage Patty Whole Grain Biscuit	Lemon Poppyseed Bread-^* Whole Grain Mix^*	Oatmeal w/Brown Sugar & Cinnamon Oatmeal	Peach Banana Smoothie^ Organic Vanilla Yogurt^ Peaches, Bananas	Bagels w/ Cream Cheese /Jelly & Cheese Cubes-^ Cream Cheese^, Cheese^ Whole Grain Bagel
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Chicken Bites w/ Mashed Potatoes & Broccoli-^ Chicken Bites Potatoes^, Broccoli Veg Alt: Vegan Chicken Tenders	Turkey Burgers w/Carrot Sticks Turkey Whole Wheat Roll Carrots Veg Alt: Veggie Burger	Ham & Cheese Wrap w/ Pineapple Bites-^ Ham, Cheese^ Whole Grain Wrap Pineapple Veg Alt: Herbed Vegan Chicken	Ravioli w/Sauce & Garden Salad-^* Cheese Ravioli^* Whole Grain Ravioli* Tomato Sauce, Lettuce, Cucumber, Carrots Dairy Alt: Garlic Herb Pasta	Pulled Chicken Sliders w/ Green Beans Chicken Whole Grain Roll Green Beans Veg Alt: BBQ Vegan Chicken
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cinnamon Pita Chips w/ Strawberry Mango Salsa *Babies receive Graham Crackers Pita Chips Strawberries, Mango	Tomato/Cucumber Salad w/ Balsamic Dressing Tomatoes, Cucumbers	Apple Slices w/Pretzels Whole Grain Pretzels Apples	Mandarin Oranges w/ Whole Wheat Crackers Whole Wheat Cracker Mandarin Oranges	Applesauce Cups w/ Graham Crackers Whole Grain Crackers Applesauce