

# What's on the Menu?

Week of 12/12/22	MONDAY 12/12	TUESDAY 12/13	WEDNESDAY 12/14	THURSDAY 12/15	FRIDAY 12/16
<b>MORNING SNACK</b>	Bagels w/ Cream Cheese Fresh Oranges Allergy: Gluten Free Toast Fresh Oranges Infants: Mandarin Oranges	Chicken Biscuits Frozen Strawberries Allergy: Chicken on Gluten Free Toast Frozen Strawberries Infants: Frozen Strawberries	Cheddar Biscuits Frozen Blueberries Allergy: Gluten & Dairy Free Cheese Toast Frozen Blueberries Infants: Frozen Blueberries	Blueberry Muffins Fresh Honeydew Melon Allergy: Gluten Free Waffles Fresh Honeydew Melon Infants: Fresh Honeydew Melon	Rice Chex Fresh Bananas Allergy: Rice Chex Fresh Bananas Infants: Fresh Bananas
<b>LUNCH</b>	Spaghetti & Turkey Meatballs Green Beans Fresh Pears Allergy: Gluten Free Spaghetti & Turkey Meatballs Green Beans Fresh Pears Infants: Diced Pears	Chicken Pot Pie w/ Vegetables Frozen Peaches Allergy: Chicken Pot Pie w/ Vegetables Frozen Peaches Infants: Frozen Peaches	Tuna Sliders Spinach & Kale Salad Fresh Honeydew Melon Allergy: Chicken Sliders Spinach & Kale Salad Fresh Honeydew Melon Infants: Fresh Honeydew Melon	Turkey Sloppy Joes Steamed Broccoli Frozen Pineapple Allergy: Turkey Sloppy Joes w/ Gluten Free Bread Steamed Broccoli Frozen Pineapple Infants: Frozen Pineapple	Tomato & Pesto Tortellini Italian Vegetables Frozen Mango Allergy: Gluten Free Pasta w/ Dairy Free Cheese & Tomatoes Italian Vegetables Frozen Mango Infants: Frozen Mango
<b>AFTERNOON SNACK</b>	Wheat Crackers & Hummus Allergy: Gluten Free Crackers & Hummus Infants: Wheat Crackers & Hummus	Fresh Banana & Graham Crackers Allergy: Fresh Banana & Gluten Free Graham Crackers Infants: Fresh Banana	Carrot Sticks & Sunbutter Allergy: Carrot Sticks & Sunbutter Infants: Steamed Carrots & Sunbutter	Cheese Squares & Apple Slices Allergy: Dairy Free Cheese and Apple Slices Infants: Cheese Squares & Apple Sauce	Apple Sauce & Cereal Bars Allergy: Apple Sauce & Gluten Free Cereal Bars Infants: Apple Sauce & Cereal Bars

- ▶ All meals are baked, not fried
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, cheese, and beans
- ▶ Whole milk served to Infants and Toddlers
- ▶ 1% milk served to Early Preschool, Preschool, and Kindergarten Prep
- ▶ All meals served family style and are included in the tuition
- ▶ Allergy Meals served individually pre-plated