



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
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Pancakes w/Sausage & Maple Syrup-^* Turkey Sausage Whole Grain Pancake^*	Honeydew & Cantaloupe Bites Honeydew, Cantaloupe	Oatmeal w/ Strawberries Oats Strawberry - Optional Add in	Vanilla Yogurt w/ Cinnamon Granola-^ Organic Yogurt^ Oats	Diced Potatoes w/ Ham & Cheese-^ Diced Ham, Cheese^ Potato Veg Alt: w/out Ham Dairy Alt: Ham w/out Cheese
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Ham & Cheese Wrap w/ Carrots & Ranch-^* Ham, Cheese^, Ranch* Whole Grain Wrap Carrots Veg Alt: Cheese Wrap	Chicken Tenders w/ Rice & Pineapple Bites Chicken Brown Rice Pineapple Veg Alt: Vegan Tenders	Chicken Patty Sandwich w/ Mango Bites-^ Chicken Patty Whole Wheat Bread Mango Veg Alt: Vegan Chicken	Pasta Alfredo w/ Peas-^ Whole Grain Pasta^ Peas Dairy Alt: Olive Oil & Herb Pasta	Meatballs in Gravy w/ Mashed Potatoes & Broccoli-^ Turkey Meatballs Potatoes^, Broccoli Veg Alt: Vegan Meatballs
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Peaches w/WW Crackers Whole Wheat Crackers Peaches	Applesauce Cup w/ Graham Crackers Whole Grain Cracker Applesauce	Soft Pretzels w/ Mustard Whole Grain Soft Pretzel	Trail Mix-^ (Baby Trail Mix-Cheerios, Kix, Baked Cheddar Cracker^) Pretzels, Baked Cheddar Cracker^, Rice Chex, Kix, Graham Bites^	Apple Slices w/Cheese Stick^ 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
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Apple Cinnamon Oatmeal Oats Apple	French Toast Stick w/ Syrup-^* Whole Grain French Toast^*	Biscuits w/ Sausage & Cheese-^ Turkey Sausage, Cheese^ Whole Grain Biscuit^	Strawberry Banana Smoothie w/ Graham Crackers-^ Organic Yogurt^ Whole Grain Cracker Strawberries, Bananas	Apple Cinnamon Bread-^* Muffin Mix ^* Applesauce
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Pasta w/ Sauce, Breadstick & Pear Bites Parmesan Cheese^ (Optional Topping) Whole Grain Pasta, Whole Grain Breadstick Tomato Sauce, Pears	Chicken Noodle Soup w/ Crackers Chicken Whole Grain Pasta, Whole Grain Cracker Carrot, Onion, Celery Veg Alt: Veg Noodle Soup	Turkey & Cheese Wrap w/ Cheddar Crackers & Peaches-^ Ham, Cheese^ Whole Grain Crackers^ Peaches Veg Alt: Cheese Wrap	Chicken Tacos w/ Rice & Fiesta Corn Chicken, Sour Cream^ (Optional Topping) Brown Rice, Soft Taco Shell Corn, Peppers, Onion, Salsa Veg Alt: Vegan Chicken	Topsy Turvy Veggie Lasagna-^ Mozzarella Cheese^ (Optional) Whole Grain Pasta Tomatoes, Onions, Peppers Dairy Alt: No Cheese
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Fruit Salad w/ Graham Bites-^ Graham Bites^ Pineapple, Peaches, Cantaloupe, Honeydew	Soft Pretzel Bites w/ Cheddar Dipping Sauce Cheddar Cheese^ Whole Grain Soft Pretzel	Warm Apples w/ Cinnamon Apples	Whole Wheat Crackers w/ Cheese Cubes-^ Cheese^ Whole Grain Crackers	Hummus w/ Baby Carrots Hummus Carrots Hummus contains Sesame



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
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Pineapple Coconut Smoothie w/ Graham Cracker-^ Organic Yogurt^ Whole Grain Cracker Pineapple, Coconut	English Muffin w/Sunbutter-^ Whole Wheat Muffin^	Blueberry Oat Bread-^* Muffin Mix^*, Oats Blueberries	Cantaloupe Bites w/ Cheese Cubes-^ Cheese^ Cantaloupe	Vanilla Yogurt w/ Granola-^ Organic Yogurt^ Oats
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Veggie "Fried" Rice w/ Applesauce Brown Rice Carrot, Onion, Peas, Applesauce	BLT on Wheat w/ Fries & Pineapple Bites Bacon Wheat Bread Lettuce, Tomato, Pineapple Veg Alt: Veggie Burger	Pasta Alfredo w/Broccoli-^ Alfredo Sauce^, Whole Grain Pasta Broccoli Dairy Alt: Garlic Herb Pasta Veg Alt: Vegan Chicken	Chicken Tenders, Mashed Potatoes & Carrots-^ Chicken Carrots, Potatoes^ Veg Alt: Vegan Tenders	Chicken Enchilada Bowl w/ Rice Chicken Brown Rice Beans, Onions, Peppers Veg Alt: Vegan Chicken
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Wheat Cracker w/ Cream Cheese-^ Cream Cheese^ Whole Wheat Cracker	Trail Mix-^ (Baby Trail Mix-Cheerios, Kix, Baked Cheddar Crackers^) Pretzels, Baked Cheddar Crackers^, Rice Chex, Kix, Graham Bites^	Sun Butter w/ Graham Crackers Sunflower Seed Butter Whole Grain Cracker	Mozzarella Sticks w/ Sauce-^* Mozzarella Cheese*^ Whole Grain Coating Tomatoes	Carrots & Broccoli w/Ranch Dip-* 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
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Oatmeal w/ Warm Peaches Oats Peaches (Add in)	Biscuits w/ Honey Butter-^ Whole Grain Biscuit^ Note: Honey Butter^	Vanilla Yogurt w/ Strawberries-^ Organic Yogurt^ Strawberries	Pancakes w/ Syrup & Sliced Ham-^* Ham Whole Grain Pancake^*	Bagel w/ Cream Cheese & Applesauce-^ Cream Cheese^ Whole Grain Bagel Applesauce
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Pasta Alfredo w/ Chicken & Broccoli-^ Chicken (Add in), Alfredo Sauce^ Pasta^ Broccoli Veg Alt: Vegan Chicken Dairy Alt: Olive Oil & Herb Pasta	Meatball w/Sauce, Green Beans, & Bread Stick-^ Turkey Meatballs, Cheese^ Whole Grain Breadstick Green Beans, Tomato Sauce Veg Alt: Vegan Meatball	Ham & Cheese Sandwich w/ Cantaloupe Bites-^ Ham, Cheese^ Whole Wheat Bread Cantaloupe Veg Alt: Cheese Sandwich	BBQ Chicken, w/ Corn & Roasted Potatoes Chicken Corn, Potatoes Veg Alt: Vegan Tenders	Turkey Sliders w/ Sweet Potato Fries & Applesauce Turkey Whole Grain Roll Sweet Potato, Applesauce Veg Alt: Veggie Burger
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Soft Pretzels w/ Fresh Mozzarella Bites-^ Fresh Mozzarella^ Whole Grain Soft Pretzel	Graham Crackers w/ Apple Butter Whole Grain Cracker Apples	Carrots w/ Ranch Dip-* Ranch* Carrots	Fruit Salad w/ Wheat Crackers Whole Wheat Cracker Pineapple, Peaches, Cantaloupe	Melon Bites w/ Cheese Sticks-^ 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
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Banana Vanilla Smoothie w/ Graham Crackers-^ Organic Yogurt^ Whole Grain Cracker Bananas	Biscuit w/ Jelly & Turkey Sausage Link-^ Turkey Sausage Whole Grain Biscuit^ Blueberries	Lemon Blueberry Muffins-^* Muffin Mix ^* Blueberries	English Muffin w/ Honey Butter-^ Honey Butter^ Whole Grain Muffin^	Apple Cinnamon Oatmeal Oats Applesauce
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Chicken Tenders w/ Rice & Baby Carrots Chicken Rice, Whole Grain Coating on Chicken Carrots Veg Alt: Vegan Tender	Ravioli w/ Tomato Sauce & Green Beans-^* Cheese Ravioli^*, Parmesan Cheese^ (Optional) Whole Grain Pasta Green Beans Dairy Alt: Olive Oil & Herb Pasta	Chicken & Rice Soup w/ Biscuits-^ Chicken Whole Grain Biscuit^ Celery, Onion, Carrot Veg Alt: Veggie Soup	Turkey & Cheese Wrap w/ Fries, & Cantaloupe Bites-^ Turkey, Cheese^ Whole Grain Wrap Potatoes, Cantaloupe Veg Alt: Cheese Wrap	BBQ Meatballs w/ Garlic/ Olive Oil Pasta & Mango Bites-^ Turkey Meatballs Whole Grain Pasta Mango Veg Alt: Vegan Meatball
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Broccoli w/ Ranch Dip & Wheat Crackers-* Ranch* Whole Wheat Cracker Broccoli	Fruit Salad w/ Pretzels Whole Grain Pretzels Pineapple, Peaches, Cantaloupe, Honeydew	Trail Mix-^ (Baby Trail Mix-Cheerios, Kix, Baked Cheddar Crackers^) Pretzels, Baked Cheddar Crackers^, Rice Chex, Kix, Graham Bites^	Pear Halves w/ Graham Crackers Whole Grain Cracker Pears	Cheese Cubes w/ Wheat Crackers-^ Cheese^ Whole Wheat Cracker



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
Morning Snack	Mango & Cream Smoothie w/ Graham Crackers-^	Strawberries and Cream Bread-^*	Waffles Sticks w/ Syrup-^*	Biscuits w/ Sausage & Cheese-^	Honeydew & Cantaloupe
(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
Lunch	Chicken Strip Wrap w/ Cheese & Sweet Potato Fries-^	Baked Ham w/ Roasted Potatoes & Corn	Pasta w/Meatballs & Peaches	Mac & Cheese w/ Diced Ham, & Carrots-^	Chicken Tacos w/ Rice, & Pineapple Bites-^
(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
	Veg Alt: Vegan Chicken	Veg Alt: Veggie Burger	Veg Alt: Vegan Meatball	Dairy Alt: Olive Oil & Herb Pasta	Veg Alt: Vegan Chicken
Afternoon Snack	Applesauce w/ Cheddar Cracker-^	Soft Pretzels w/ Fresh Mozzarella Bites-^	Wheat Cracker w/ Cheese Cubes-^	Peaches w/ Pretzels	Hummus w/ Carrots
(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
					Hummus contains Sesame