

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	French toast Peaches Milk	Scrambled eggs Toast Oranges Milk	Bagels and cream cheese Pineapples Milk	Muffins Pears Milk	Cheerios Applesauce Milk
LUNCH	Grilled cheese sandwich Cauliflower Pineapples Milk	Teriyaki chicken Rice Broccoli Mixed berries Milk	Pierogis Peas and carrots Applesauce Milk	Meatball sliders Corn on the cob Tropical fruit Milk	Lasagna Asparagus Mixed fruit Milk
SNACK	Mozzarella cheese stick Crackers Water	Nutri-grain fruit bar Water	Rice cakes Soy butter Water	Yogurt Water	Hummus Cucumber slices Water

- ▶ 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

