

What's on the Menu?

Week of 12/5/22	MONDAY 12/5	TUESDAY 12/6	WEDNESDAY 12/7	THURSDAY 12/8	FRIDAY 12/9
MORNING SNACK	Rice Krispies Frozen Mixed Berries Allergy: Rice Krispies Frozen Mixed Berries Infants: Frozen Mixed Berries	Whole Grain Waffles Frozen Strawberries Allergy: Gluten Free Waffles Frozen Strawberries Infants: Frozen Strawberries	Turkey Sausage Biscuits Fresh Oranges Allergy: Turkey Sausage/Gluten Free Bread Fresh Oranges Infants: Mandarin Oranges	French Toast Frozen Blueberries Allergy: Gluten Free Cinnamon Toast Frozen Blueberries Infants: Frozen Blueberries	Raisin Toast Fresh Apples Allergy: Gluten Free/Raisin Toast Fresh Apples Infants: Apple Sauce
LUNCH	Turkey, Bacon, Mozzarella Burger Roasted Potatoes Fresh Pears Allergy: Turkey, Bacon, Dairy Free Cheese Burger Gluten-Free Bread Roasted Potatoes Fresh Pears Infants: Diced Pears	BBQ Chicken Sandwiches Green Beans Frozen Peaches Allergy: BBQ Chicken Sandwiches Gluten-Free Bread Green Beans Frozen Peaches Infants: Frozen Peaches	Chicken Butternut Squash Bake Whole Grain Dinner Rolls Fresh Honeydew Melon Allergy: Chicken Butternut Squash Bake Gluten-Free Bread Fresh Honeydew Melon Infants: Fresh Honeydew Melon	Mac & Cheese with Diced Ham Steamed Broccoli Frozen Pineapples Allergy: Dairy Free Mac & Cheese with Diced Ham Steamed Broccoli Frozen Pineapple Infants: Frozen Pineapple	Teriyaki Glazed Tilapia Rice & Vegetable Medley Frozen Mango Allergy: Teriyaki Glazed Chicken Rice & Vegetable Medley Frozen Mango Infants: Frozen Mango
AFTERNOON SNACK	Banana Muffins Allergy: Gluten- Dairy & Free Banana Muffins Infants: Banana Muffins	Corn Tortilla Chips & Mango Salsa Allergy: Corn Tortilla Chips & Mango Salsa Infants: Soft Corn Tortilla Chips & Mango Salsa	Whole Grain Graham Crackers & Sunbutter Allergy: Gluten Free Graham Crackers & Sunbutter Infants: Graham Crackers & Sunbutter	Whole Grain Fruit Bars Allergy: Gluten Free Fruit Bars Infants: Whole Grain Fruit Bars	Vanilla Yogurt with Peaches Allergy: Fruit Cup Infants: Vanilla Yogurt with Peaches

- ▶ 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