

Fall 2019 Menu – Week 1

9/23/19 – 9/27/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 8:45am – 9:00am	-Vanilla Yogurt -Fresh Mixed Berries -Granola	-Corn Muffins -Fresh Melon	-Blueberry Muffins -Fresh Blueberries	-Wheat Pancakes -Syrup -Fresh Bananas	-Apple Snack Bar -Fresh Apple Slices
Afternoon Snack 3:00pm – 3:15pm	-English Muffin -Sunflower Butter -Craisins	-Tortilla Rounds -Garden Guacamole	-Fresh Cucumber and Tomato Salad -Ranch Dressing	--Vanilla Ice Cream -Fresh Strawberries	-Whole Wheat Bagel -Cream Cheese -Fresh Mixed Berries

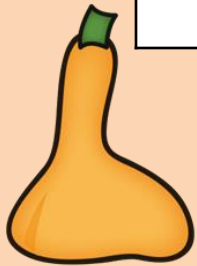
*Substitute for students younger than 4
Water will be offered when milk is not served.

Late Afternoon Snack 5:00pm Daily:
Toasty O's/Rice Chex



Fall 2019 Menu – Week 2

9/30/19 – 10/4/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 8:45am – 9:00am	-Cottage Cheese -Fresh Melon	-Oyster Crackers -Fresh Mango	-Wheat Pancakes -Syrup -Fresh Mixed Berries	-Blueberry Muffin -Fresh Raspberries	-English Muffin -Sunflower Butter -Fresh Strawberries
Afternoon Snack 3:00pm – 3:15pm	-Wheat Crackers -Cheese Stick	-Fresh Squash -Ranch Dressing -Wheat Crackers	-Cheese Stick -Sliced Tomatoes	-Oyster Crackers -Sliced Cucumbers -Ranch Dressing	-Tortilla Rounds -Garden Guacamole



*Substitute for students younger than 4
Water will be offered when milk is not served.

Late Afternoon Snack 5:00pm Daily:
Toasty O's/Rice Chex



Fall 2019 Menu– Week 3

10/7/19 –10/11/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 8:45am – 9:00am	-Biscuit -Sunflower Butter -Fresh Melon	-Corn Muffin -Fresh Pears	-Tortilla Rounds -Hard Boiled Eggs -Diced Pineapple	-Wheat Crackers -Fresh Mango	-Corn Flakes -Fresh Apple Slices
Afternoon Snack 3:00pm – 3:15pm	-Graham Crackers -Cream Cheese -Craisins	-Apple Fruit Bar -Fresh Apple Slices	-Vanilla Yogurt -Fresh Peaches	-Graham Crackers -Fresh Pears	-Cheese Stick -Diced Pineapple

*Substitute for students younger than 4
Water will be offered when milk is not served.

Late Afternoon Snack 5:00pm Daily:
Toasty O's/Rice Chex



Fall 2019 Menu– Week 4

10/14/19 – 10/18/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 8:45am – 9:00am	-Biscuit -Grape Jelly -Sliced Bananas	-Vanilla Yogurt -Granola -Fresh Apple Slices	-Corn Muffin -Fresh Mixed Berries	-English Muffin -Apple Butter -Diced Pineapple	-Hard Boiled Egg -Tortilla -Fresh Strawberries
Afternoon Snack 3:00pm – 3:15pm	-Graham Crackers -Fresh Pears	-Fresh Red and Green Peppers -Hummus	-Fresh Tomatoes and Cucumbers -Ranch Dressing	-Cheese Stick -Fresh Sliced Tomatoes	-Pita Bread -Egg Salad



*Substitute for students younger than 4
Water will be offered when milk is not served.

Late Afternoon Snack 5:00pm Daily:
Toasty O's/Rice Chex



Fall 2019 Menu– Week 5

10/21/19 – 10/25/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 8:45am – 9:00am	-Wheat Pancakes -Syrup -Fresh Mixed Berries	-Rice Krispy Cereal -Fresh Apple Slices	-Bagel -Cream Cheese -Diced Pears	-Cinnamon Apple Muffin -Fresh Peaches	-Apple Snack Bar -Fresh Apple Slices
Afternoon Snack 3:00pm – 3:15pm	-Cheese Stick -Diced Tomatoes	-Fresh Red and Green Peppers -Hummus	-Corn Flakes -Fresh Apple Slices	-Fresh Squash -Ranch Dressing -Wheat Crackers	-Hard Boiled Egg -Dried Apricots



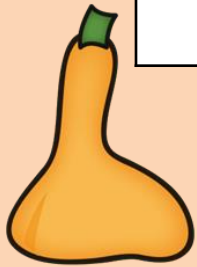
*Substitute for students younger than 4
Water will be offered when milk is not served.

Late Afternoon Snack 5:00pm Daily:
Toasty O's/Rice Chex



Fall 2019 Menu– Week 6

10/28/19 – 11/1/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 8:45am – 9:00am	-Vanilla Yogurt -Fresh Blueberries -Granola	-Cottage Cheese -Fresh Melon	-Wheat Pancakes -Syrup -Fresh Strawberries	-Blueberry Muffin -Fresh Raspberries	-Biscuits -Grape Jelly -Sliced Bananas
Afternoon Snack 3:00pm – 3:15pm	-Tortilla Rounds -Garden Guacamole	-English Muffin -Sunflower Butter -Craisins	-Oyster Crackers -Diced Pears	-Vanilla Ice Cream -Fresh Strawberries	-Pita Bread -Egg Salad



*Substitute for students younger than 4
 Water will be offered when milk is not served.

Late Afternoon Snack 5:00pm Daily:
Toasty O's/Rice Chex

