

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Rice Crispies Bananas Organic Milk	Whole Wheat Bagel Cream Cheese Apples Organic Milk	Blueberry Muffin Casserole Peaches Organic Milk	Homemade Apple Cinnamon Muffins Pears Organic Milk	All Bran Apples Organic Milk
LUNCH	Roasted Turkey Mashed Potatoes Steamed Peas Pears Organic Milk Sub: Veggie Roast Turkey	Tacos on Whole Wheat Tortillas Salsa and Cheddar Cheese Steamed Green Beans Oranges Organic Milk Sub: Veggie Tacos	Penne Pasta with Turkey Meatballs and Marinara Sauce Steamed Cauliflower Pears Organic Milk Sub: Veggie Meatballs	Chicken and Rice Casserole Steamed Carrots Oranges Organic Milk Sub: Veggie Chicken and Rice Casserole	Whole Wheat English Muffin Pizzas Steamed Mixed Veggies Fruit Salad Organic Milk
AFTERNOON SNACK	Pita Bread Sun Butter Apples Water	Corn Bread Cucumber Slices Water	Banana Snack Cake Oranges Water	Pretzel Twist Fruit Salad Water	Homemade Pear Loaf Bananas Water



Vegetarian Alternative



Substitute for 2yrs & Under



- ▶ 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

