

# What's on the Menu?

Week of 12/19/22	MONDAY 12/19	TUESDAY 12/20	WEDNESDAY 12/21	THURSDAY 12/22	FRIDAY 12/23
<b>MORNING SNACK</b>	Rice Chex Fresh Bananas Allergy: Rice Chex Fresh Bananas Infants: Fresh Bananas	French Toast Sticks Applesauce Allergy: Gluten Free Cinnamon Toast Applesauce Infants: Applesauce	Apple Cinnamon Muffins Frozen Blueberries Allergy: Gluten Free Apple Cinnamon Muffins Frozen Blueberries Infants: Frozen Blueberries	Whole Grain Cheerios Frozen Strawberries Allergy: Gluten Free Cheerios Frozen Strawberries Infants: Frozen Strawberries	Turkey Ham Biscuit Apricots Allergy: Turkey Ham & Gluten Free Bread Apricots Infants: Apricots
<b>LUNCH</b>	Ground Turkey Burrito Garden Salad Fresh Pears Allergy: Ground Turkey Gluten Free Burrito Garden Salad Fresh Pears Infants: Diced Pears	Hot Turkey Sandwich Steamed Asparagus Frozen Peaches Allergy: Gluten Free Hot Turkey Sandwich Steamed Asparagus Frozen Peaches Infants: Frozen Peaches	Turkey Mac & Cheese Green Beans Fresh Honeydew Melon Allergy: Dairy Free Turkey Mac & Cheese Green Beans Fresh Honeydew Melon Infants: Fresh Honeydew Melon	Chicken Casserole w/ Vegetables Whole Grain Dinner Roll Frozen Pineapple Allergy: Chicken Casserole w/ Vegetables Gluten Free Pasta Frozen Pineapple Infants: Frozen Pineapple	Vegetarian Chili Corn Muffin Frozen Mango Allergy: Vegetarian Chili Gluten Free Corn Muffins Frozen Mango Infants: Frozen Mango
<b>AFTERNOON SNACK</b>	Wheat Crackers & Bean Dip Allergy: Gluten Free Crackers & Bean Dip Infants: Wheat Crackers & Bean Dip	Spinach Dip & Corn Tortilla Chips Allergy: Spinach Dip & Corn Tortilla Chips Infants: Spinach Dip & Soft Corn Tortilla Chips	Half Cheese Sandwich Allergy: Half Dairy Free Cheese Sandwich Infants: Half Cheese Sandwich	Strawberry Yogurt Cups w/ Blueberries Allergy: Blueberry Fruit Cup Infants: Strawberry Yogurt Cups w/ Blueberries	Turkey Wrap Allergy: Gluten Free Turkey Wrap Infants: Turkey Wrap

- ▶ 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