

What's on the Menu?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Whole Grain Chex Cereal Fresh Bananas Water	Whole Grain Bagel w/Cream Cheese Fresh Blueberries Water	Whole Wheat English Muffin Scrambled Eggs w/Cheese Milk	Waffles w/Syrup Fresh Bananas Milk	Warm Oatmeal Fresh Apple Slices Applesauce Water
LUNCH	Macaroni and Cheese Steamed Broccoli Peaches Whole Wheat Roll Milk	Pepperoni Pizza Steamed Cauliflower Fresh Apple Slices Applesauce Milk	Cheeseburger on Whole Wheat Bun Green Beans Peaches Milk Garden Burger	BBQ Meatballs Tater Tots Steamed Carrots Pineapples Milk Grilled Cheese	Beef Ravioli Green Peas Diced Pears Milk Cheese Quesadilla
AFTERNOON SNACK	Yogurt Parfait (Granola w/Strawberries or Blueberries) Water	Ritz Crackers Cheese Cubes Water	Teddy Grahams Milk	Club Crackers Cheese Cubes Milk	Goldfish Water
DINNER	Spaghetti w/Ground Turkey Steamed Carrots Fresh Blueberries Milk Cheese Manicotti	Turkey & Cheese Roll up Green Beans Fresh Bananas Pears Milk Hummus Wrap	Macaroni and Cheese Steamed Broccoli Pineapples Whole Wheat Roll Milk	Soft Taco (Chicken, Lettuce Tomatoes, Cheese) Pears Milk Cheese Quesadilla	Baked Fish Sticks Whole Wheat Roll Green Beans Milk Garden Burger



Vegetarian Alternative



Alternative 2 and 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
- ▶ All meals served family style

