



Week 1– 6/3, 7/15, 8/26

Summer Menu— Six week rotation

Water will be served daily with AM and PM Snack and Organic Whole Milk (infants and toddlers) or organic 1% Milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Mango Peach Smoothie[^] w/ Graham Crackers	Pancakes ^{^*} & Sausage Links	Bagels w/ Cream Cheese[^] or Homemade Jam	Cantaloupe & Honeydew Bites	Diced Potatoes w/ Cheese[^]
(1) Protein	Organic Yogurt	Turkey Sausage	Cream Cheese [^]		Cheese [^] (on side)
(2) Grain Equivalent	Whole Grain Graham Cracker	Whole Grain Pancake ^{^*}	Whole Grain Bagel		
(3) Fruit and/or vegetable	Mango, Peaches		Homemade Jam	Cantaloupe, Honeydew	Potato
Lunch	Chicken Bites w/ Tatter Tots & Carrots	Cheese Tortellini^{^*}, Alfredo Sauce[^], w/ Mixed Veggies	Teriyaki Pineapple Chicken w/Brown rice	Meatball^{^*} Sliders & Peas	Personal Naan Pizza^{^*} w/ Peaches & Baby Carrots
(1) Protein	Chicken Bites	Cheese [^]	Chicken	Beef/Turkey Meatball ^{^*} ,	Mozzarella Cheese [^]
(2) Grain Equivalent		Tortellini ^{^*}	Brown Rice	Whole Wheat Roll	Whole Grain Crust
(3) Fruit and/or vegetable	Carrots, Potato	Mixed Veggies	Pineapple	Tomato Sauce, Peas	Tomato Sauce, Peaches, Carrots
	Alt: Vegan Tenders	Alt: Pasta w/Marinara Sauce	Alt: Vegan Teriyaki Chicken	Alt: Turkey Meatball	Alt: Bagel Pizza w/ Veggies
Afternoon Snack	Banana Oat Bites[^]	Cinnamon Apples with Granola	Applesauce w/Graham Crackers	String Cheese[^] w/ Wheat crackers	Apple Oat Bars^{^*}
(1) Protein				Cheese [^]	
(2) Grain Equivalent	Oats	Granola	Whole Grain Cracker	Whole Wheat Cracker	Oats
(3) Fruit and/or vegetable	Banana	Apples	Applesauce		Apples



Week 2 – 6/10, 7/23

Summer Menu— Six week rotation

Water will be served daily with AM and PM Snack and Organic Whole Milk (infants and toddlers) or organic 1% Milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^-Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Blueberry Smoothie^ w/ Graham Cracker Organic Vanilla Yogurt^	Cinnamon Bun Over-night Oats^ Organic Yogurt^	Chocolate Zucchini Bread^*	English Muffins^ w/Homemade Jam	Biscuits^ w/ Sausage & Cheese^ Turkey Sausage, Cheddar Cheese^
(1) Protein					
(2) Grain Equivalent	Whole Grain Cracker	Oats	Whole Grain Mix^*	Whole Grain English Muffin^	Whole Grain Biscuit^
(3) Fruit and/or vegetable	Blueberries		Zucchini	Homemade Jam	
Lunch	Cheese Ravioli^* w/ Sauce Green Beans & Breadsticks Cheese Ravioli^*	Sloppy Joe's w/ Brown Rice & Mixed Veggies Ground Beef	Chicken 'N Waffles ^* w/ Maple Syrup & Carrot Coins Chicken	Turkey & Cheese^ Wrap & Applesauce Turkey, Cheese^	Baked Ziti^ & Green Beans
(1) Protein					
(2) Grain Equivalent	Whole Grain Breadstick, Whole Grain Ravioli^*	Whole Grain Bun, Brown Rice	Whole Grain Waffles^*	Whole Grain Wrap	Whole Grain Pasta
(3) Fruit and/or vegetable	Tomatoes, Green Beans Dairy Alt: Plain Pasta	Mixed Veggies Alt: Mixed Veggies w/ Brown Rice	Carrots Alt: Brown Rice	Applesauce Alt: Vegan Chicken	Green Beans Dairy Alt: Plain Pasta
Afternoon Snack	Pretzels w/ Orange Slices	Graham Cracker w/ Sunbutter Sunbutter	Whole Wheat Cracker & Cheese Cubes^ Cheese Cubes^	Cinnamon Soft Pretzel Bites	Yogurt Bark^ w/ Strawberries Organic Yogurt^
(1) Protein					
(2) Grain Equivalent	Whole Grain Pretzels	Whole Grain Cracker	Whole Wheat Cracker	Whole Grain Soft Pretzel	
(3) Fruit and/or vegetable	Oranges				Strawberries



Week 3 - 6/17, 7/29

Summer Menu— Six week rotation

Water will be served daily with AM and PM Snack and Organic Whole Milk (infants and toddlers) or organic 1% Milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Waffles^* w/ Blueberry Dip- Whole Grain Waffle^* Blueberries	Banana Bread-^* Whole Grain Mix ^* Banana	Bagel w/Cream Cheese^ or Homemade Jam Cream Cheese^ Whole Grain Bagel Homemade Jam	French Toast Sticks^* w/ Syrup Whole Grain French Toast^*	Melon Bites w/ Cheese Cubes-^ Cheese Cubes^ Melon
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Grilled Chicken Sandwich w/Tomato & Apples Slices Grilled Chicken Whole Grain Bread Apples, Tomato Alt: Grilled Cheese	Mac N' Cheese^ & Baby Carrots Cheese^ Whole Grain Pasta Carrots Dairy Alt: Garlic Herb Pasta	Chicken Tenders, Broccoli, & Sweet Potato Fries Chicken Sweet Potato, Broccoli Alt: Vegan Chicken	Ham & Cheese^ Sandwich w/ Cauliflower Au Gratin^ Ham, Cheese^ Whole Grain Bread Cauliflower^ Alt: Cheese Sandwich	Cheeseburgers^ & Home Fries Beef, Cheese^ Whole Grain Bun Potato Alt: Veggie Burger
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Chocolate Hummus ^ & Pretzels Chick Peas^ Whole Grain Pretzels	Sunbutter, Banana, Chocolate Cookies-^ Sunbutter Banana	Fresh Mozzarella Bites^ w/ Cantaloupe Cheese^ Cantaloupe	Chips & Guacamole Whole Grain Tortilla Avocado	Strawberry-Pineapple Smoothie^ & Graham Crackers Whole Grain Graham Crackers Strawberry & Pineapple



Week 4 – 6/24, 8/5

Summer Menu— Six week rotation

Water will be served daily with AM and PM Snack and Organic Whole Milk (infants and toddlers) or organic 1% Milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^-Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cottage Cheese^ with Berries Cottage Cheese^ Berries	Yogurt^ w/ Melon Bites Organic Yogurt^ Melon	Biscuit ^ w/ Sausage & Cheese^ Turkey Sausage, Cheese^ Whole Grain Biscuit^	Pancakes ^* w/ Syrup Whole Grain Pancake^*	Croissants ^*w/ Home-made Jam Whole Grain Croissant^* Homemade Jam
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cheese Tortellini^* Salad w/ Diced Ham & Tomatoes & Melon Cheese^, Ham Whole Grain Tortellini^* Tomatoes, Melon Dairy Alt: Plain Pasta Salad Veg Alt: w/out Ham	Chicken Patty Sandwich w/ Steamed Corn Chicken Whole Grain Bread Corn Veg Alt: Grilled Cheese	Chicken & Broccoli Alfredo^ Pasta Chicken Whole Grain Pasta Broccoli Alt: Plain Pasta	BBQ Pulled Chicken Sliders w/ Roasted Potatoes Chicken Whole Grain Roll Potatoes	Mac N' Cheese^ w/ Diced Ham & Baby Carrots-^ Cheese^, Ham (Add in) Whole Grain Pasta Carrots Dairy Alt: Garlic Herb Pasta
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Mini Blueberry Muffins^* Whole Grain Muffin^* Blueberries	Cherry, Chocolate^ Oat Bars Oats Cherries	Sunbutter, Chocolate, Banana Cookies^ Sunbutter Banana	Graham Crackers w/ Apple Butter Whole Grain Cracker Apples	String Cheese^ w/ Strawberries Mozzarella Cheese^ Strawberries



Week 5 – 7/1, 8/12

Summer Menu— Six week rotation

Water will be served daily with AM and PM Snack and Organic Whole Milk (infants and toddlers) or organic 1% Milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^-Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Waffles ^* w/ Strawberries and Cream Whole Grain Waffle Strawberries	Carrot Cake Overnight Oats^ Organic Yogurt^ Oats Carrot	Strawberry-Pineapple Smoothie & Graham Crackers Organic Yogurt^ Whole Grain Graham Crackers Strawberry, Pineapple	Cantaloupe & Pineapple Bites Cantaloupe, Pineapple	Brown Sugar, Cinnamon Oatmeal Oatmeal
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Beef Sliders w/ Fries & Baby Carrots Beef Whole Grain Roll Potato, Carrots Alt: Veggie Burger	Chicken & Cheese^ Wrap & Peaches Chicken, Cheese^ Whole Grain Wrap Peaches Veg Alt: Cheese & Veggie Wrap	Bagel Cheese Pizza^ w/ Green Beans Cheese^ Whole Grain Bagels Green Beans Alt: No Cheese	Chicken Fried Rice & Orange Wedges Chicken Brown Rice Carrots, Peas, Onion, Oranges Alt: Fried Rice	Pasta w/ Meatballs^ & Baby Carrots Beef/Turkey Meatballs^ Whole Grain Pasta Tomatoes, Carrots Alt: Vegan Meatballs
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Apple Oat Bars* & Cheese Cubes^ Cheese Cubes^ Oat Bar* Apples	Cheddar Cornbread Muffins^* Cornbread Muffin ^*	Apple Slices w/ Sunbutter SunButter Apples	Frozen Yogurt Bites^ w/ Strawberries Organic Yogurt^ Strawberries	Banana Oat Chocolate Chip^ Bites Oats Banana



Week 6 - 7/8, 8/19

Summer Menu— Six week rotation

Water will be served daily with AM and PM Snack and Organic Whole Milk (infants and toddlers) or organic 1% Milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^-Egg-*

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Biscuits ^ w/ Strawberries Whole Grain Biscuit^ Strawberries	Yogurt^ w/ Granola Organic Yogurt^ Cinnamon Granola	Roasted Potatoes w/ Cheese^ & Diced Ham Cheese^, Ham Potato	Pancakes w/ Sausage Links-^* Turkey Sausage Link Whole Grain Pancake^*	Vanilla Yogurt^ w/ Blueberries & Granola Organic ^ Granola Blueberries
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Build your Own Nachos^ Chicken, Cheese^, Corn Tortilla Nachos Corn, Salsa Alt: Vegan Chicken	Chicken & Cheese^ Sandwich w/ Melon Chicken, Cheese^ Whole Wheat Bread Melon Alt: Vegan Chicken	Turkey Sliders w/ Corn & Sweet Potatoes Turkey Whole Grain Bun Corn, Sweet Potatoes Alt: Veggie Burger	Ham & Cheese Sandwiches w/ Sliced Apples Ham, Cheese^ Whole Grain Bread Apples Alt: Chicken & Cheese	Croissants w/ Chicken Salad^* & Cantaloupe Bites Chicken (Mayo^*) Whole Grain Croissant^* Cantaloupe Dairy Alt: Plain Chicken Veg Alt: Vegan Chicken
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Chocolate Chip Banana Bread^* Bread Banana	Hummus w/ Pita Chips Chick Peas Whole Grain Pita Chips	Caprese Salad-^ Fresh Mozzarella Cheese Bites^ Tomato, Basil	Soft Pretzels w/ Mustard Whole Grain Pretzel	Pineapple Whip^ & Graham Crackers Whole Grain Graham Crackers Pineapple