

What's on the Menu?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Waffles with Syrup Fresh Bananas Water	Nutra Grain Bar Milk	Whole Wheat English Muffin Scrambled Eggs w/Cheese Milk	Warm Cinnamon Oatmeal Fresh Bananas Milk	Yogurt Peaches Water
LUNCH	Baked Chicken Tenders Tator Tots Steamed Carrots Diced Pears Milk Garden Burger	Turkey Chili Warm Corn Bread Green Beans Applesauce Bean Chili	Chicken Alfredo Steamed Broccoli Pineapples Milk Fettucine Alfredo	Vegetable Soup Grilled Cheese Sandwich on Whole Wheat Bread Fresh Fruit Milk	Chicken Sandwich on Whole Wheat Bun Cauliflower Mandarin Oranges Cheese Quesadilla
AFTERNOON SNACK	Animal Crackers Yogurt Water	Whole Grain Crackers Cheese Cubes Water	Goldfish Milk	Fig Newton Milk	Graham Crackers Water
DINNER	BBQ Chicken Warm Cornbread Cauliflower Fresh Blueberries Milk BBQ Tofu	Sliced Turkey & Gravy Brown Rice Cabbage Pears Milk Hummus Wrap	Lasagna w/Meat Sauce Green Beans Peaches Milk Vegetable Lasagna	Cheese Pizza Sliced Cucumber Pineapples Milk	Warm Fresh Toast Sticks Turkey Sausage Patty Fresh Strawberries Hash browns Milk Meatless Sausage Links



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

