



# Week 1 - 9/2, 10/14, 11/25

## Fall 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Strawberry Banana Smoothie^</b>  Organic vanilla yogurt^  Strawberry, banana	<b>Cinnamon Apple Oatmeal</b>  oats  apple	<b>Hash Browns and Turkey Sausage</b>  Turkey sausage  potato	<b>French Toast Sticks^* and Maple Syrup</b>  Whole grain toast^*	<b>English Muffin with Butter^ &amp; Apple Slices</b>  Whole grain English muffin  apples
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Butternut Ravioli^* w/ Butter^ &amp; Peas</b>  Whole grain ravioli^*  Peas <b>Dairy Alt: pasta marinara</b>	<b>Chicken Pot Pie^ with Mixed Veggies &amp; Biscuit^</b>  Chicken breast  Whole grain biscuit^ Mixed veggies <b>Veg Alt: Vegetarian pot pie^</b> <b>Dairy Alt: Plain chicken</b>	<b>Chicken Bites w/ Steamed Corn &amp; Brown Rice</b>  Chicken bites  Brown rice  Steamed corn <b>Veg Alt: homemade veggie nuggets</b>	<b>Sloppy Joes with Green Beans</b>  Ground beef  Whole grain roll  Green beans <b>Veg Alt: black bean sloppy</b>	<b>White Cheddar Mac n' Cheese^ with Broccoli</b>  Whole grain pasta  Broccoli <b>Dairy Alt: plain pasta</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>String Cheese^ with Apple Slices</b> cheese  Apple slices	<b>Soft Pretzels w/Mustard</b>  pretzels	<b>Cranberry White Chocolate Muffins^*</b>  Whole grain muffin mix^*  Cranberry	<b>Warm Cinnamon Peaches w/Granola</b>  Oats  Peaches	<b>Pretzels with Sunbutter</b>  Sunbutter  Pretzels



# Week 2 - 9/9, 10/21

## Fall 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Pumpkin Banana Smoothie^</b>  Organic vanilla yogurt^  Pumpkin, banana	<b>Chocolate Zucchini Bread^*</b>  Whole Grain Mix^*  Zucchini	<b>Cinnamon Bun Overnight Oats^</b> Organic milk^  Oats	<b>Pancakes^* w/ Syrup</b>  Whole grain pancakes^*	<b>Bagels with Cream Cheese^</b>  Cream cheese  Whole grain bagels
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Meatball Sliders* with Green Beans</b>  Beef/turkey meatballs  Whole grain roll  Green beans <b>Veg Alt: homemade cauliflower meatballs</b>	<b>Turkey and Cheese^ Sandwich with Roasted Butternut Squash</b>  Turkey  Whole grain bread  Butternut squash <b>Veg Alt: Cheese sandwich^</b>	<b>Chicken, Broccoli, Alfredo^ Pasta</b>  Chicken  Whole grain pasta  Broccoli <b>Veg Alt: alfredo pasta</b> <b>Dairy Alt: plain pasta</b>	<b>Beef Sliders w/ Cheese^ and Sweet Potato Fries</b>  Grass fed beef, cheddar cheese^  Whole grain roll  Sweet potato <b>Veg Alt: veggie burger</b>	<b>Bagel Pizza^ with Baby Carrots &amp; Ranch^*</b>  Mozzarella cheese^  Whole wheat bagel  Carrots  <b>Dairy Alt: no cheese bagel</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Whole Wheat Crackers w/ Cheese Cubes^</b> Cheese cubes^  Whole wheat crackers	<b>Pumpkin Whip^ with Graham Crackers</b>  Graham crackers  pumpkin	<b>Apple Slices w/ Maple Yogurt Dipping Sauce^</b> Organic vanilla yogurt^  Apple slices	<b>Pumpkin Chocolate Muffins^*</b>  Whole grain mix^*  Pumpkin	<b>Chocolate, Sunbutter, Pretzel Yogurt bark^</b> Organic yogurt, sunbutter  Pretzels



# Week 3 - 9/16, 10/28

## Fall 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Bagels with Raspberry Cream Cheese^</b> Cream cheese  Whole Grain Bagels  Raspberry	<b>Vanilla Yogurt^ &amp; Strawberries</b> Organic vanilla yogurt^  strawberries	<b>French Toast Sticks^* with Blueberries &amp; Syrup</b>  Whole grain bread  Blueberries	<b>English Muffins w/ Homemade Jam</b>  Whole grain English muffins  Fruit jam	<b>Diced Potatoes w/ Cheese^</b> Cheese^  Potatoes
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Tortellini^* w/ Alfredo^ and Mixed Vegetables</b>  Whole grain tortellini^*  Mixed vegetables <b>Dairy Alt: plain pasta</b>	<b>Ground Beef Tacos with Corn, Cheese^, &amp; Sour Cream^</b> Ground beef  Whole grain tortillas  Corn <b>Veg Alt: Black bean tacos</b>	<b>Chicken Tenders w/ Broccoli and Brown Rice</b> Chicken  Brown rice  Broccoli <b>Veg Alt: Veg nuggets</b>	<b>Grilled Cheese^ with Orange Wedges</b> Cheddar cheese^  Whole wheat bread  Oranges <b>Dairy Alt: sunbutter jelly sandwich</b>	<b>Pasta Marinara with Breadsticks and Broccoli</b>  Pasta, breadsticks  Broccoli
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Graham Crackers with Sunbutter</b> Sunbutter  Apples	<b>Melon Bites</b>  melon	<b>Cinnamon Raisin Bread^*</b>  Whole grain mix^*  Raisins	<b>Chocolate Hummus w/ Pretzels</b>  Garbanzo beans  Whole grain pretzels	<b>Tortilla Chips with Homemade Salsa</b>  Tortilla chips  Tomato



# Week 4 - 9/23, 11/4

## Fall 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Biscuits^ w/ Raspberry Sauce</b>  Whole grain biscuits^  Raspberry	<b>Strawberry Peach Smoothie^</b>  Organic vanilla yogurt^  Strawberry, peaches	<b>Pumpkin Cheesecake Overnight Oats^</b>  Organic vanilla yogurt^  Pumpkin puree	<b>Waffles^* w/ Blueberry Dip</b>  Whole grain waffles  Blueberries	<b>Melon Bites</b>  Cantaloupe, honeydew
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Buttered Gnocchi*^ Mixed Vegetables &amp; Ham (on side)</b>  Ham  Whole grain gnocchi^*  Mixed vegetables  <b>Dairy Alt: pasta marinara</b>	<b>Turkey and Cheese^ Wraps with Carrot Sticks &amp; Ranch^*</b>  Turkey  Whole wheat roll  Carrot sticks  <b>Veg Alt: Cheese sandwich</b>	<b>Ground Turkey Tacos w/ Sour Cream^ &amp; Roasted Corn</b>  Ground turkey  Whole grain tortilla  Roasted corn  <b>Veg Alt: Black bean tacos</b>	<b>Cheese Tortellini^* Salad w/Peas and Ham</b>  Cheese^ ham  Tortellini^*  Peas  <b>Dairy Alt: pasta marinara</b>	<b>Chicken Parmesan^ Sandwich w/ Broccoli</b>  Chicken, mozzarella cheese^  Whole grain roll  <b>Veg Alt: eggplant parm</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Frozen Yogurt Bark with Strawberries^</b> Organic yogurt^  Strawberries	<b>Pretzels with Orange Wedges</b>  Pretzels  Oranges	<b>Pumpkin Chocolate Chip Granola Bars^</b> sunbutter  Whole grain oats  Pumpkin	<b>Applesauce Cups w/ Graham Crackers</b>  Graham crackers  Applesauce	<b>Cinnamon Soft Pretzel Bites</b>  Whole grain soft pretzel



# Week 5 - 9/30, 11/11

## Fall 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Maple Brown Sugar Oatmeal</b>  Oats	<b>French Toast Sticks^* with Maple Syrup</b>  Whole Grain French Toast^*	<b>Chocolate Zucchini Bread^*</b>  Whole grain mix^*  Zucchini	<b>Croissants^* w/ Blueberry Dip</b>  Croissants^*  Blueberries	<b>Strawberry Yogurt^ w/ Granola</b> Organic yogurt^  Strawberries
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Chicken Nuggets w/Corn and Buttered Noodles^</b> Chicken  Whole grain pasta  Corn  <b>Veg Alt: Veg nuggets</b>	<b>Ham and Cheese^ Wraps with Apple Slices</b>  Ham  Whole grain wraps  Apples <b>Veg Alt: cheese wraps</b>	<b>Philly Cheesesteaks^ w/ Potato Smileys</b>  Beef  Whole grain roll Potatoes  Veg Alt: grilled cheese	<b>Chicken &amp; Pineapple Teriyaki with Brown Rice</b>  Chicken  Brown rice  Pineapple  <b>Veg Alt:</b>	<b>Mac &amp; Cheese^ with Ham and Broccoli</b>  Ham, cheese^  Pasta  Broccoli <b>Dairy Alt: Plain pasta</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>String Cheese^ &amp; Pretzels</b>  Cheese^  Pretzels	<b>Strawberry Banana Frozen Yogurt^</b>  Organic vanilla yogurt  Strawberries, banana	<b>Orange Slices and Pretzels</b>  Pretzels  Oranges	<b>Sunbutter, Banana, Chocolate Chip Cookies^</b>  Whole grain oats	<b>Wheat Crackers w/ Ham and Cheese Slices^</b>  Ham  Whole grain crackers



# Week 6 - 10/7, 11/18

## Fall 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
<b>Morning Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>English Muffins and Sunbutter</b>  Sun butter  Whole grain muffin	<b>Melon Bites</b>  Melon	<b>Chocolate Chip Banana Bread^*</b>  Whole grain muffin mix^*  Banana	<b>Cinnamon Brown Sugar Oatmeal</b>  Oats	<b>Waffles^* w/Whipped Cream^ &amp; Strawberries</b>  Whole grain waffles^*  Strawberry
<b>Lunch</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Chicken Tenders w/Green Beans and Pears</b>  Chicken  Green beans, pears <b>Veg Alt: veggie nuggets</b>	<b>Baked Ziti ^ w/ Broccoli</b>  Mozzarella cheese^  Whole grain pasta  Peas <b>Dairy Alt: pasta marinara</b>	<b>Turkey Sandwiches w/ Stuffing^ and Applesauce</b>  Turkey  Whole grain bread  Applesauce <b>Veg Alt: grilled cheese</b>	<b>Pizza Bagels^ with Carrots and Ranch^*</b>  cheese  Whole Grain bagels  Carrots <b>Dairy Alt: no cheese</b>	<b>Meatballs w/ Breadsticks, Peas and Parmesan^ (optional)</b>  Beef, parmesan  Whole grain breadsticks Peas  <b>Veg Alt: cauliflower meatballs</b>
<b>Afternoon Snack</b>  (1) Protein  (2) Grain Equivalent  (3) Fruit and/or vegetable	<b>Sunbutter and Apple Slices</b>  Sunbutter  Apple slices	<b>Homemade Cranberry Applesauce w/Graham Crackers</b>  Graham crackers  Cranberry, apple	<b>Apple Oat Bars^</b>  Whole grain muffin mix^*  apple	<b>Pumpkin Butter &amp; Graham Crackers</b>  Whole grain crackers  pumpkin	<b>Frozen Yogurt Bark with Blueberries^</b>  Organic vanilla yogurt^  Blueberries