

2018/2019 WEEK ONE MENU

revised Oct 22, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Cantaloupe Milk	WG Waffles & syrup Clementines Milk	Apple & Cinnamon Oatmeal Milk	WW Bagel with Butter Blueberries Milk	Plain Yogurt & Frozen Mixed Berries and crushed cereal topping. Milk
Lunch	Chick Pea Chowder with California Mixed Vegetables (Cauliflower, Carrots, Broccoli) Brown Rice Milk Apples	Turkey Meatloaf With Shredded Zucchini & Mushroom Gold & Sweet Potato Salad Whole wheat bread Yellow & Green Peppers Milk Pears	Texas Chicken Casserole With Squash WW Fusilli Pasta Coleslaw (Red & Green cabbage) Honeydew Mellon Milk	Jamaican Stew Beef With Parsnips & Carrots Brown Rice Broccoli Whole wheat bread Milk Oranges	Tuna Casserole with Carrots & Peas Egg Noodles Tomato & Cucumber Salad Cantaloupe Milk
Lunch Alternatives	Soy protein ground Tomato Sauce Soy Milk	Soy Veggie Burgers Golf & Sweet Potato Salad Soy Milk	WW Macaroni with Lentil Tomato Sauce Soy Milk	Soy protein ground Brown Rice and Carrots and Broccoli Soy Milk	Soy Protein Ground & Egg Noodles Soy Milk
PM Snack	Sliced Turkey Breast or (veggie Deli slice) WG Crackers Oranges	Plain Yogurt & Fruit blend (unsweetened canned peaches) and WW bread sticks	Cheddar Cheese WG Crackers and Pears Slices	WOW butter sandwich on WW bread Cucumber slices	Homemade WW Carrot Loaf Apples Cheese
PM Late Snack	Fish Crackers	Melon	Cucumber slices	Watermelon	Peppers

We offer 2 to 2 ½ servings of (100-120grms) fruits and vegetables daily for each child and 1-2 (8 oz) servings of Milk 2% for Preschool children 3.5% for Infant & Toddlers
Water is available to all children at all meals and snacks. When possible we use low fat yogurt, low fat cheddar cheese.

Mixed veggies include – broccoli, cauliflower and carrot or corn, green beans peas and

WW = Whole Wheat WG = Whole Grain MG = Multigrain

2018/2019 WEEK TWO MENU

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Chex Cereal Banana Slices Milk	Cantaloupe & WW Baked English Muffin Cinnamon butter Milk	Oatmeal Blueberry Milk	MG Toast with Butter Pears Milk	WG Pancakes Honeydew melon Milk
Lunch	Red Lentils with Onions, Celery & Carrots Whole Wheat Crackers Green Beans Honeydew Melon Milk	WW Spaghetti with Turkey Meatsauce Sauce with Spinach Carrots Milk Apples	Baked Breaded Basa Fish With veggies Onions, Celery, Tomato Brown Rice Peas Milk Oranges	Beef Veggies Soup and Pearl Barley WW bread Baked Squash and Butter Green Pears Milk	Greek Chicken Youvetsi (Orzo pasta and Tomato Sauce) Whole Wheat Bread Green beans Milk, Watermelon
Lunch Alternatives	Soy based Veggie Dog Soup Soy Milk	WW Pasta with Veggie Ground Round and Tomato Sauce Soy Milk	Soy burger And Rice Soy Milk	Soy Protein Veggie Ground Soup with Barley Soy Milk	Tofu in Tomato Sauce & Orzo pasta Soy Milk
PM Snack	WW Mini Pitas with Tuna Salad Clementine's	Cheddar Cheese Cubes WW Crackers Strawberries	Cottage Cheese Graham Crackers Cantaloupe	WW Tortilla, Humus & Applesauce	WW Homemade Carrot Loaf, Banana Cheddar Cheese Slices
Late Snack	Cucumbers	Orange Slices	Bananas	Gold Fish Crackers	Apple Slices

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Mixed Vegetarian s Vegeveggies inclvegeude – broccoli, cauliflower and carrot or corn, green

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2018/2019 WEEK THREE MENU

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios and Cantaloupe Milk	WW Grilled Toast Cheese Bananas Milk	Cucumber Slices WW Crackers Milk	Blueberries WW Bagel Milk	Bananas WW Toasted English muffin with butter Milk
Lunch	Split Pea Soup (Celery, Onions, Carrots) Whole Wheat Crackers California Veggies (Broccoli, Cauliflower, Carrots) Milk Apples	Lean Beef & Black Bean Taco (Spinach, Tomatoes, Sour Cream & Cheddar Cheese) Whole Wheat Wraps Couscous for Infants Green Peppers Milk Oranges	Whole Wheat Macaroni and cheese with chicken breast Boiled Broccoli Milk Pears	Homemade Baked Basa Fish (veggies- onion, celery and tomato) Brown Rice Green Yellow & Red Pepper Whole Wheat Bread Milk Cantaloupe	Lasagne with ground Turkey, Spinach & Veggies, Mozzarella & Ricotta Cheese carrots sticks Milk Watermelon
Lunch Alternative	Tofu Soup with Brown Rice Soy Milk	Soy based ground Veggie Tacos Soy Milk	Whole Wheat Pasta Baked Veggie Nugget Soy Milk	Soy based Veggie burger Soy Milk	WW Pasta with Cheese and tomato Sauce, 3 bean salad Soy Milk
PM Snack	Mini Pitas with Roast Chicken Slices Cheddar Cheese	Greek Yogurt Rice Krispies Cereal Mixed Berries	WW Pita Cottage cheese Raspberries	WW English Muffins Mini Pizza with Cheese & Tomato Sauce carrots sticks	WW Homemade Zucchini Bread Cheddar Cheese Cucumber Slices
PM Late Snack	Pears	Fish Crackers	Oranges	Bananas	Trail mix Whole wheat cheerios Raisins Cranberries Shreddies cereal

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2018/2019 WEEK FOUR MENU

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Cantaloupe WG Chex Cereal Milk	Melon Cubes WW English Muffin Grilled Cheese Milk	Plain Yogurt & Frozen Mixed Berries and crushed cereal topping. Milk	Grilled WW Toast with Cheese Oranges Milk	WG Pancakes with Mixed Berries Milk
Lunch	Rustic Lentils with Onions, Celery and Carrots Whole Wheat Crackers carrots Red Peppers Oranges Milk	Lean Beef Meat sauce with Whole Wheat Pasta Peas & Carrots Pears Milk	Lemon Chicken and Gold & Sweet Potato Salad WW Dinner Rolls Romaine Lettuce, Tomatoes salad Bananas Milk	Deconstructed Sheppard Pie (Carrots, Peas, Corn) Potatoes Whole Grain Bread Cauliflower Milk Apples	Cheese/Potato Perogies Sour cream Three bean salad WG bread Green Peppers Milk Honeydew Melon
Lunch Alternatives	Lunch is vegetarian Soy Milk	Whole Wheat Pasta with Veggie Ground Tomato Sauce Soy Milk	Soy based Veggie Burger Gold & Sweet Potato Salad Soy Milk	Veggie ground round Sheppard Pie Whole Grain Bread Cauliflower Soy Milk Apples	Perogies Sour Cream Three bean salad Soy Milk
PM Snack	WW Mini Pitas Turkey slices Apple	Hummus Dip Tomatoes, Orange peppers WG Crackers	Tuna Salad Rice Cakes Clementines	Cheddar Cheese Cubes WW Crackers Honeydew melon	WW Homemade Orange Loaf Cheese slice Pears
PM Late Snack	Apples	Gold Fish Crackers	Watermelon	Cucumber Slices	Bananas

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