Week #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Wow butter on	Pancakes	Sliced hard boiled	Hummus spread	Blueberry Waffles
Snack	<u>Pre &amp; ST</u> : whole		eggs on whole	on whole wheat	
All snacks are	wheat bagels	Fresh fruit:	wheat crackers	English muffins	Fresh fruit:
served with	<u>JT &amp; Inf</u> : whole				
Water and/or	wheat crackers		Fresh fruit:	Fresh fruit:	
Milk					
	Fresh fruit:				
Lunch	Jasmine rice and	Beef meatloaf	Ground chicken	Stir fried beef,	Homemade pizza
All lunches	chickpeas in	with mashed	sautéed with	broccoli, carrots,	with tomatoes,
are served	coconut milk;	potatoes; peas;	cabbage, red	onions,	spinach, olives,
with <b>Whole</b>	cauliflower,	romaine salad	pepper and	mushrooms, and	peppers,
Grain Bread	broccoli, and	with celery,	spinach; steamed	cauliflower;	pineapple, chicken
Infants and	carrots; tomato	tomatoes,	sweet potatoes;	Singapore rice	slices, and
JT:	wedges	cucumbers, and	Red beet sticks	noodles with	mozzarella,
Whole Milk		Italian dressing		eggs; green	parmesan and
ST AND Pre:		5		pepper slices.	, cheddar cheeses,
2% Milk					cantaloupe wedges
					on the side
A 64 a mar a a m	Octored	Diagona della gravitta	Connet montfline	Custored in some	
Afternoon Snack	Oatmeal coconut cookies	Rice pudding with	Carrot muffins	Custard in cones	Whole Wheat
All snacks are	COOKIES	coconut in cones	Fresh fruit:	Fresh fruit:	Banana Bread
served with	Fresh fruit:	Fresh fruit:	Fresh fruit.	Flesh fluit.	Fresh fruit:
Water and/or	Flesh hult.	Flesh fluit.			Flesh hult.
Milk					
IVIIIK					
Other/		*Vegetarian	*Vegetarian	*Vegetarian	*Vegetarian
Vegetarian		Option:	Option:	Option:	Option:
-			Tofu sautéed with	•	Homemade pizza
Option		Soya patties with		Stir fry with	•
		mashed potatoes; peas; romaine	cabbage, red pepper and	scrambled eggs, broccoli, carrots,	with tomatoes, spinach, olives,
		salad with celery,	spinach; Steamed	onions,	
		tomatoes,	sweet potatoes;	mushrooms, and	peppers, pineapple, and
		cucumbers, and	Red beet sticks	cauliflower;	extra mozzarella,
		Italian dressing		Singapore rice	parmesan, and
				• ·	cheddar cheeses;
				noodles; green pepper slices.	Cantaloupe wedges
				pepper silces.	on the side
					on the side

Week #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Wow butter on	Grilled mozzarella	Egg salad in whole	Blueberry	Sliced cheddar
Snack	whole wheat	cheese on whole	wheat pita pockets	pancakes	cheese on whole
All snacks	English muffins	wheat bread			wheat crackers
are served			Fresh fruit:	Fresh fruit:	
with Water	Fresh fruit:	Fresh fruit:			Fresh fruit:
and/or Milk					
Lunch	Macaroni with	Beef tomato sauce	Roasted chicken	Baked Basa fish;	Pasta primavera
All lunches	cheddar cheese	with mashed	with sweet	sautéed potatoes,	in a red pepper
are served	sauce; scrambled	potatoes; peas and	potatoes;	zucchini, spinach,	sauce; broccoli
with Whole	eggs; broccoli,	carrots; Romaine	cauliflower; Sliced	and celery; carrot	and spinach;
Grain Bread	cauliflower and	salad with celery,	cucumber	sticks	four bean salad
Infants and	carrots; celery	tomatoes,			
<u>JT:</u>	sticks	cucumber and			
Whole Milk		Caesar dressing			
ST AND Pre:					
2% Milk Afternoon	Oatmeal Zucchini	Lemon coconut	Cheddar Cheese		Whole wheat
Snack	Muffins	cookies		Yogurt and apple sauce in cones	caramelized
All snacks	IVIUIIIIIS	COOKIES	scones	sauce in cones	apple bread
are served					
with Water	Fresh Fruit:	Fresh fruit:	Fresh fruit:	Fresh fruit:	Fresh fruit:
and/or Milk					Tresh nate.
Other/		*Vegetarian	*Vegetarian	*Vegetarian	
Vegetarian		Option:	Option:	Option:	
Option		Baked beans in	Roasted tofu with	Baked tofu with	
		tomato sauce with	sweet potatoes;	sautéed potatoes,	
		mashed potatoes;	cauliflower; sliced	zucchini, spinach,	
		peas and carrots;	cucumber	and celery; carrot	
		romaine salad with		sticks	
		celery, tomatoes, cucumber, and			
		Caesar dressing			
		Caesar uressing			

Week #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Grilled cheese	Hummus on	Cream Cheese on .	Sliced hard boiled	Blueberry waffles
Snack	on whole	whole wheat		egg on whole	
All snacks are	wheat bread	English muffins	<u>Pre &amp; ST</u> : whole	wheat crackers	Fresh Fruit:
served with			wheat bagels		
Water and/or	Fresh fruit:	Fresh Fruit:	<u>JT &amp; Inf</u> : whole	Fresh Fruit:	
Milk			wheat crackers		
			Fresh Fruit:		
Lunch	Spanish rice	Beef lasagna with	Ginger chicken	Tuna paddies	Homemade pizza
All lunches	with lentils;	lasagna noodles,	stew with alphabet	with roasted	with tomatoes,
are served	green beans;	tomato sauce,	pasta, celery,	potatoes; corn;	spinach, olives,
with <b>Whole</b>	carrot sticks.	ground beef and	carrots, parsnip,	Greek salad	peppers, pineapple,
Grain Bread		mozzarella	onion, and		chicken slices, and
		cheese; green	cabbage;		mozzarella,
<u>Infants and</u>		beans, carrots,	Cucumber Slices		parmesan and
<u>JT:</u>		zucchini and fava			cheddar cheeses,
Whole Milk		beans; tomato			cantaloupe wedges
		slices			on the side
ST AND Pre:					
2% Milk					
Afternoon	Apple bran	Bread pudding	Cinnamon sticks	Fruit mousse In	Whole wheat banana
Snack	muffins			cones	cake
All snacks are		Fresh fruit:	Fresh fruit:		
served with	Fresh fruit:			Fresh fruit:	Fresh fruit:
Water and/or					
Milk					
Other/		*Vegetarian	*Vegetarian	*Vegetarian	*Vegetarian Option:
Vegetarian		Option:	Option:	Option:	Homemade pizza
Option		Vegetarian	Falafel; vegetarian	Scrambled eggs	with tomatoes,
•		lasagna with	stew with alphabet	with roasted	spinach, olives,
		lasagna noodles,	pasta, celery,	potatoes; corn;	peppers, pineapple,
		tomato sauce,	carrots, parsnips,	Greek salad	and extra
		minced soya	onions, and		mozzarella,
		paddies and	cabbage; cucumber		parmesan, and
		mozzarella	slices		cheddar cheeses;
		cheese; green			cantaloupe wedges
		beans, carrots,			on the side
		zucchini and fava			
		beans;			
		tomato slices			

Week #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Wow butter on	Whole wheat	Grilled marble	Egg salad in whole	Blueberry
Snack	whole wheat	cinnamon toast	cheddar cheese on	wheat pita pockets	pancakes
All snacks	crackers		whole wheat		
are served		Fresh fruit:	English muffins	Fresh fruit:	Fresh fruit:
with Water	Fresh fruit:		<b>F</b> 1 <b>C</b> 1		
and/or <b>Milk</b>			Fresh fruit:		
Lunch	Egg omelet with	Stir fry chicken	Beef and tomato	Baked Basa fish with	Pasta with
All lunches	hash brown	with broccoli,	chili-con carne with	sautéed potatoes,	spinach and basil
are served	potatoes;	carrots, green	corn; roasted	zucchini, spinach,	pesto; diced
with <b>Whole</b>	steamed broccoli;	beans, onions,	sweet potatoes and	and celery; romaine	steamed carrots;
Grain Bread	tomato wedges	red peppers, and	cauliflower;	salad with celery,	four bean salad
		mushrooms;	spinach salad with	tomatoes, red	
Infants and		Jasmin rice; green	balsamic dressing	onions, and Caesar	
<u>JT:</u> Whole Milk		pepper slices		dressing	
ST AND Pre:					
2% Milk					
Afternoon	Oatmeal coconut	Whole wheat	Rice pudding with	Blueberry scones	Whole wheat
Snack	raspberry squares	croissants with	coconut in cones		carrot bread
All snacks		cream cheese		Fresh fruit:	
are served	Fresh fruit:		Fresh fruit:		Fresh fruit:
with Water		Fresh fruit:			
and/or <b>Milk</b>					
Other/		*Vegetarian	*Vegetarian	*Vegetarian Option:	
Vegetarian		Option:	Option: Vegetarian	Baked tofu with	
Option		Stir fry tofu with	chili with beans	sautéed potatoes,	
		broccoli, carrots,	and corn; roasted	zucchini, spinach,	
		green beans,	sweet potatoes,	and celery; romaine	
		onions, red	and cauliflower;	salad with celery,	
		peppers, and	spinach salad with	tomatoes, red	
		mushrooms;	balsamic dressing	onions, and Caesar	
		Jasmin rice; green		dressing	
		pepper slices			

Week #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack All snacks are served with Water and/or Milk	Cream Cheese on whole wheat English muffins Fresh fruit:	Sliced hard boiled eggs on whole wheat crackers Fresh fruit:	Grilled marble cheddar cheese on whole wheat bread Fresh fruit:	Bananas and wow butter wrapped in whole wheat tortillas Fresh fruit:	Blueberry waffles Fresh fruit:
Lunch All lunches are served with Whole Grain Bread Infants and JT: Whole Milk ST AND Pre: 2% Milk	Stewed red kidney beans with roasted sweet potatoes; broccoli; cucumber slices	Beef and barley stew with squash, cabbage, and spinach; carrot sticks	Fried rice with eggs, peas, onions, garlic, ginger, parsley, sesame seeds, sesame oil, and tofu; steamed cauliflower; celery sticks	Roasted chicken with mashed potatoes; green beans; tomato wedges	Homemade pizza with tomatoes, spinach, olives, peppers, pineapple, chicken slices, and mozzarella, parmesan and cheddar cheeses, cantaloupe wedges on the side
Afternoon Snack All snacks are served with Water and/or Milk	Molasses, coconut, raisin oatmeal squares Fresh fruit:	Custard in cones Fresh fruit:	Bread Pudding with Raisins Fresh fruit:	Croissants with cream cheese Fresh fruit:	Whole wheat banana bread Fresh fruit:
Other/ Vegetarian Option		*Vegetarian Option: Barley stew with squash, cabbage, and spinach; carrot sticks		*Vegetarian Option: Soya paddies with mashed potatoes; green beans; tomato wedges	*Vegetarian Option: Homemade pizza with tomatoes, spinach, olives, peppers, pineapple, and extra mozzarella, parmesan, and cheddar cheeses; cantaloupe wedges on the side

Week #6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Whole wheat	Wow butter on	Grilled marble	Blueberry	Cream cheese in
Snack	cinnamon toast	whole wheat English	cheddar cheese on	pancakes	croissants
All snacks		muffins	whole wheat		
are served	Fresh fruit:		bread	Fresh fruit:	Fresh fruit:
with Water		Fresh fruit:			
and/or <b>Milk</b>			Fresh fruit:		
Lunch	Pasta with	Beef lasagna with	Butter chicken	Scrambled eggs	Tuna casserole;
All lunches	parmesan alfredo	lasagna noodles,	with steamed rice;	with hash brown	steamed
are served	sauce; zucchini,	tomato sauce,	broccoli, carrots,	potatoes; peas;	broccoli; carrot
with Whole	carrots, and	ground beef and	and cauliflower;	red pepper slices	sticks
Grain Bread	cauliflower; four	mozzarella cheese;	cucumber slices		
Infonto and	bean salad	green beans; romaine salad with			
<u>Infants and</u> JT:		Caesar dressing			
Whole Milk		Caesar dressing			
whole wink					
ST AND Pre:					
2% Milk					
Afternoon	Whole wheat	Strawberry moose in	Whole wheat	Yogurt with	Cornmeal Bread
Snack	zucchini oatmeal	cones	carrot muffins	apple sauce in	with Raisons
All snacks	muffins			cones	
are served		Fresh fruit:	Fresh fruit:		Fresh fruit:
with Water	Fresh fruit:			Fresh fruit:	
and/or <b>Milk</b>					
Other/		*Vegetarian Option:	*Vegetarian		*Vegetarian
Vegetarian		Vegetarian lasagna	Option:		Option:
Option		with lasagna	Tofu in curry sauce		Pasta with bean
		noodles, tomato	with steamed rice;		sauce; steamed
		sauce, minced soya	broccoli, carrots		broccoli; carrot
		paddies and	and cauliflower;		sticks
		mozzarella cheese);	cucumber slices		
		green beans;			
		Romaine salad with			
		Caesar dressing			