

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Whole wheat Bagels Whipped Cream Cheese Fresh Fruit	Yogurt Fresh Fruit (OR *Fruit and Yogurt Smoothie)	*Homemade Berry Bonanza Muffins Fresh Fruit	Yogurt Fresh Fruit	* Homemade Wholegrain cereal mix Fresh Fruit
Lunch Water Milk	*Homemade Macaroni and Cheese *Chickpea and Veggie Salad Fresh Fruit	*Homemade Baked Breaded or Herbed Chicken, Rice <i>(V=Chickpea and Potato Cakes)</i> Fresh Fruit	* Chicken Noodle Soup OR Garden Salad Chicken or Turkey Sandwich on whole-wheat bread <i>(V=Stir fry veggies & rice)</i> Fresh Fruit	*Soft Bean Tacos with Diced Peppers, Cheese and Homemade Salsa Fresh Fruit	Vegetable Stir-fry with Rice and Tofu Fresh Fruit
PM Snack Water	Graham Crackers with Whipped Cream Cheese, Fresh Fruit	Whole Wheat Tortilla Roll Ups with Whipped Cream Cheese, Fresh Fruit	Whole Wheat Crackers and Cheese, Fresh Fruit	Veggies & Ranch Dip Whole Grain Crackers	*Homemade Trail Mix Chocolate Chip Banana Oatmeal Cookies, Fresh Fruit

- * A star beside the menu selection means you will find the recipe in our recipe book.
- V=Vegetarian option listed in *italics*
- Summer/Spring: salad may be served instead of soup
- **Fruits we serve: Snacks (Apple/Pear) and Lunches (Mon - Apple, Tue & Thu - Melon, Wed - Orange, Friday - Banana)**
- Infants will be offered the same as older children when developmentally appropriate.

Revised March 2017

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Yogurt Fresh Fruit	Banana Muffins Fresh Fruit	Whole Wheat Crackers and Whipped Cream Cheese Fresh Fruit	*Homemade Carrot Loaf Fresh fruit	Yogurt Fresh Fruit (OR *Fruit and Yogurt Smoothie)
Lunch Water Milk	Chicken Breast Sandwiches on Whole-wheat Bread <i>(V=Stir fry veggies & rice)</i> Garden Salad Fresh Fruit	Rice Bowl with Stir fry vegetables and rice Fresh Fruit	*Chicken Cacciatore <i>(V=Vegetable Cacciatore with Chickpeas)</i> Pasta Steamed Vegetables Fresh Fruit	*Whole Wheat Pita Cheese Pizza with Homemade Tomato Vegetable Sauce *Chickpea and Veggie Salad Fresh Fruit	Black Bean Burritos with Tomatoes, Cheese & Homemade Salsa Cucumber sticks Fresh Fruit
PM Snack Water	Veggies & Ranch Dip Whole Grain Crackers	*Homemade Chocolate Chip Brownies Fresh Fruit	Whole Wheat Bagels and Cream Cheese Fresh Fruit	Homemade Whole Grain Cereal mix Fresh Fruit	Whole Grain Crackers, Jam and Carrot Sticks

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Unsweetened Applesauce Rice Crackers	Yogurt Fresh Fruit (OR *Fruit and Yogurt Smoothie)	Whole Wheat Bagels with Whipped Cream Cheese Fresh Fruit	*Homemade Blueberry Muffins Fresh Fruit	Yogurt Fresh Fruit
Lunch Water Milk	*Spaghetti with Homemade Tomato and Vegetable Cheese Sauce Garden Salad Fresh Fruit	*Homemade Bean & Vegetable Soup or Garden Salad * Chicken Breast Sandwiches on Whole-wheat Bread <i>(V=Stir fry veggies & rice)</i> Fresh Fruit	*Homemade Baked Herbed or Breaded Chicken <i>(V=Chickpea and Potato Cakes)</i> Roasted or Mashed Potatoes Fresh Fruit	*Homemade Meatballs with Homemade Tomato Sauce and Rice <i>(V=Veggie Ground Round "Meatballs")</i> Steamed Peas Fresh Fruit	Vegetable Stir-fry with Rice and Tofu Fresh Fruit
PM Snack Water	* Homemade Whole Grain Cereal Mix Fresh Fruit	*Homemade Brownies Fresh Fruit	Veggies & Ranch Dip Whole Grain Crackers	*Homemade Chocolate Chip Banana Oatmeal Cookies Fresh Fruit	Jam Tortilla Roll-ups and Grated Carrots

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AM Snack Water	Homemade Wholegrain cereal mix Fresh Fruit	Yogurt Fresh Fruit	Whole Wheat Bagels and Whipped Cream Cheese Fresh Fruit	Unsweetened Applesauce Rice Crackers	*Homemade Banana Bran Muffins Fresh fruit
Lunch Water Milk	*Pasta with Homemade Lean Ground Beef and Creamy Pasta Sauce with Cheese <i>(V=Homemade Pasta Sauce with Veggie Ground Round)</i> Tossed Salad Fresh Fruit	*Homemade Bean & Vegetable Soup OR Garden Salad * Chicken Breast Sandwiches on Whole-wheat Bread <i>(V=Stir fry veggies & rice)</i> Fresh Fruit	*Chicken and Vegetable Stir fry with Rice <i>(V=Tofu and Vegetable Stir fry with Rice)</i> Fresh Fruit	Black Bean Burritos with Tomatoes, Cheese & Homemade Salsa Cucumber sticks Fresh Fruit	Homemade Macaroni & Cheese Carrot Sticks Fresh Fruit
PM Snack Water	Veggies with Ranch Dip Whole Grain Crackers	*Homemade Oatmeal Cookies Fresh Fruit	Whole Wheat Pita Bread with Jam and Carrot Sticks	Yogurt with *Homemade Granola	*Whole Grain Crackers with cheese Fresh Fruit

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