

	Monday	Tuesday	Wednesday	Thursday	Friday
MENU # 1	<u>AM Snack</u> Cheerios <u>Lunch</u> Cheese Quesadilla with Black Beans, Sweet Potato, Mild Salsa, Melon <u>PM Snack</u> Turkey Slices & WW Crackers	<u>AM Snack</u> Blueberry Muffin <u>Lunch</u> BBQ Chicken on Whole Grain Bun, Peas, Pineapple <u>PM Snack</u> Rice Krispie Treat	<u>AM Snack</u> Nutrigrain Bar <u>Lunch</u> Turkey Tetrazzini, Green Beans, Pears <u>PM Snack</u> Trail Mix (Nut Free)	<u>AM Snack</u> Yogurt & Berries <u>Lunch</u> Turkey, Cheese, Spinach Whole Wheat Roll Up, Carrot Salad, Sliced Grapes <u>PM Snack</u> Pretzels	<u>AM Snack</u> Fruit Pizza (fruit, cream cheese, English muffin) <u>Lunch</u> Chicken Nuggets, Mixed Vegetables, Strawberries <u>PM Snack</u> Carrots & Yogurt Ranch Dip
MENU # 2	<u>AM Snack</u> Kix Cereal <u>Lunch</u> Hidden Veggie Mac & Cheese, Broccoli & Cauliflower, Apples <u>PM Snack</u> Turkey Slices & WW Crackers	<u>AM Snack</u> Whole Grain French Toast <u>Lunch</u> Sweet & Sour Chicken, Brown Rice, Oriental Vegetables, Oranges <u>PM Snack</u> String Cheese & Fruit	<u>AM Snack</u> Fresh Baked Oatmeal "Cookie" <u>Lunch</u> Turkey Taco, Fiesta Corn, Mango <u>PM Snack</u> Banana & Graham Crackers	<u>AM Snack</u> Bagel with Cream Cheese <u>Lunch</u> Vegetable Frittata, Salad, Blueberries <u>PM Snack</u> Hummus & Pita	<u>AM Snack</u> Cooks Choice <u>Lunch</u> Cooks Choice <u>PM Snack</u> Cooks Choice
MENU #3	<u>AM Snack</u> Apple O's Cereal <u>Lunch</u> Tortellini, Roasted Zucchini, Pears <u>PM Snack</u> Cereal Bar	<u>AM Snack</u> Banana Muffin <u>Lunch</u> Chicken Salad in Whole Wheat Pita, Peas, Applesauce <u>PM Snack</u> Ants On A Log with Sunflower Butter	<u>AM Snack</u> Belvita <u>Lunch</u> Turkey Corn Dogs, Baked Beans, Pineapple <u>PM Snack</u> Cheese & WW Crackers	<u>AM Snack</u> Yogurt & Granola <u>Lunch</u> Beef Stew, WW Roll, Roasted Potatoes, Fruit Crumble <u>PM Snack</u> Pretzels	<u>AM Snack</u> Turkey Sausage & Egg <u>Lunch</u> Sunflower Seed Butter & Jelly Sandwich, Cheese Stick, Carrots, Banana <u>PM Snack</u> Chex Mix
MENU # 4	<u>AM Snack</u> Raisin Bran Cereal <u>Lunch</u> Bosco Stick, Green Beans, Mixed Fruit <u>PM Snack</u> Chicken Salad with WW Crackers	<u>AM Snack</u> Whole Grain Pancakes <u>Lunch</u> Turkey Panini with Cranberries, Butternut Squash Soup, Apples <u>PM Snack</u> Hummus & Carrots	<u>AM Snack</u> Strawberry Bar <u>Lunch</u> Chicken Fettuccine with Vegetables, Peaches <u>PM Snack</u> Trail Mix (Nut Free)	<u>AM Snack</u> English Muffin with Apple Butter <u>Lunch</u> Broccoli Quiche, Mixed Greens, Sliced Grapes <u>PM Snack</u> Zucchini Bread	<u>AM Snack</u> Cooks Choice <u>Lunch</u> Cooks Choice <u>PM Snack</u> Cooks Choice
MENU # 5	<u>AM Snack</u> Pumpkin Muffin <u>Lunch</u> Chicken Parmesan, Spaghetti Squash, Pears <u>PM Snack</u> Yogurt Parfait	<u>AM Snack</u> Whole Grain Waffles <u>Lunch</u> Mild Vegetarian Chili with Cheese, Corn Bread, Apples <u>PM Snack</u> String Cheese & Fruit	<u>AM Snack</u> Fresh Baked Oatmeal Bar <u>Lunch</u> Greek Chicken Pita, Cucumber Tzatziki, Peas, Banana <u>PM Snack</u> Veggie Sticks	<u>AM Snack</u> Cinnamon Toast <u>Lunch</u> Fish Sticks, Pasta Salad with Vegetables, Melon <u>PM Snack</u> WG Tortilla Chips & Mild Salsa	<u>AM Snack</u> Breakfast Burrito <u>Lunch</u> Beef Slider, Baked Sweet Potato Fries, Mixed Fruit <u>PM Snack</u> Applesauce & Graham Crackers

Menu subject to change.

September 2015

M	T	W	T	F
1	2	3	4	5
8	9	0	1	1
1	1	1	1	1
5	6	7	8	9
2	2	2	2	2
2	3	4	5	6
2	9			

October

M	T	W	T	F
	3	1	2	3
	0			
6	7	8	9	1
0	1	0		
1	1	1	1	1
3	4	5	6	7
2	2	2	2	2
0	1	2	3	4
2	2	2	3	3
7	8	9	0	1

November 2015

M	T	W	T	F
3	4	5	6	7
1	1	1	1	1
0	1	2	3	4
1	1	1	2	2
7	8	9	0	1
2	2	2	2	2
4	5	6	7	8

December 2015

M	T	W	T	F
1	2	3	4	5
8	9	0	1	1
1	1	1	1	1
5	6	7	8	9
2	2	2	2	2
2	3	4	5	6
2	3	3		
9	0	1		

January 2016

M	T	W	T	F
			1	2
5	6	7	8	9
1	1	1	1	1
2	3	4	5	6
9	0	1	2	3
2	2	2	2	3
6	7	8	9	0

February 2016

M	T	W	T	F
2	3	4	5	6
9	1	1	1	1
0	1	2	3	
1	1	1	1	2
6	7	8	9	0
2	2	2	2	2
3	4	5	6	7

March 2016

M	T	W	T	F
2	3	4	5	6
9	1	1	1	1
0	1	2	3	
1	1	1	1	2
6	7	8	9	0
2	2	2	2	2
3	4	5	6	7
3	3			
0	1			

April 2016

M	T	W	T	F
		1	2	3
6	7	8	9	1
0	1	2	3	4
1	1	1	1	1
3	4	5	6	7
2	2	2	2	2
0	1	2	3	4
2	2	2	3	
7	8	9	0	

May 2016

M	T	W	T	F
				1
4	5	6	7	8
1	1	1	1	1
1	2	3	4	5
1	1	2	2	2
8	9	0	1	2
2	2	2	2	2
5	6	7	8	9