

Weekly Menu

Week 1-Fall	Monday		Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Children through 1 whole unflavored, 2+ 1% unflavored		Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored
	Life Cereal(WG)		English Muffin (WG)	French Toast (WG)/ Syrup (S)	Bagels & Cream Cheese(low fat)	Home Made Whole Wheat Oat Muffins (WG)
	Fresh Blueberries		Fresh Bananas	Fresh Pineapple	Canned Applesauce	Canned Pears
Lunch	Milk		Milk	Milk	Milk	Milk
	Homemade Pulled Pork Sandwiches (LM)		Home Made Turkey Chili (B)(LM)	Bean Tacos (B)	Home Made Mac/Cheese (low fat cheese)& Taco Meat (LM)	Home Made Chicken Nuggets (LM)
	Frozen Sweet Potato Fries R/O		Frozen Corn	Fresh Lettuce/ tomatoes/ cucumbers	Fresh Roasted Broccoli (DG)	Canned Green Beans
	Fresh Apples/ Oranges		Fresh Fruit Salad	Fresh Grapes	Fresh Fruit Salad	Fresh Apples
	Slider Bun		Corn Bread	Corn Tortilla		Roll
Snack	AM	Triscuits (WG)/ Seasonal Fresh Fruit mix	Wheat Thins (WG)/ Hummus	Cheerios (WG)/ Craisins	Toast (WG)/ Sunflower Butter	Rice Cakes(WG)/ Canned Applesauce
	PM	Cottage Cheese (low fat)/ Fresh celery, cucumber, peppers (RO)	Sunflower Butter & Fresh Banana Wraps	Ritz (WG)/ Fresh carrots, cucumber, peppers(R/O)	English Muffin (WG)/ Fresh Strawberries, grapes	Chex Mix/ Fresh Blueberries, grapes

This institution is an equal opportunity provider. Menus can change without notice

Weekly Menu

Week 2- Fall	Monday		Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Children through 1 whole unflavored, 2+ 1% unflavored		Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored
	Frosted Mini Wheats(WG)		Eggs & Toast (WG)	Home Made Whole Wheat Oat Muffins (WG)	Pancakes (WG)/ Syrup (S)	English Muffin (WG)/ Strawberry jam (S)
	Fresh Clementines		Fresh Bananas	Fresh Apples/ Oranges	Fresh Blueberries	Canned Applesauce
Lunch	Milk		Milk	Milk	Milk	Milk
	Home Made Meatball Sandwiches (LM)		Home Made BBQ Chicken Pizza (LM)	Sunflower Butter Sandwiches/ Cheese Stick (lowfat)	Home Made Apricot Chicken (LM)	Baked Chicken (LM)
	Fresh Roasted Broccoli (DG)		Fresh Salad with cucumbers and peppers(R/O)	Home Made Corn & Bean Salad	Fresh Salad with peppers, cucumbers(R/O)	Frozen Sweet Potato Fries(R/O)
	Canned Applesauce		Fresh Seasonal Fruit Salad	Canned Tropical Fruit Salad	Canned Pears	Fresh Clementines
	Slider				Rice	Roll
Snack	AM	Fresh Apples/Oranges/ Wheat Thins (WG)	Fresh Blueberries Saltines (WG)	Ritz(WG)/Fresh Fruit salad	Graham Grackers/ Sunflower Butter	Cheese Cubes/ Fresh Cucumbers, carrots (R/O)
	PM	Bagel/ Cream Cheese (low fat)	Yogurt(low fat )/Frozen Fruit mix	Soft Pretzels /Fresh Banana	Gold Fish (WG)/ Fresh Grapes	Home Made Whole Wheat Oat Muffins (WG)/ Milk

Weekly Menu

Week 3-Fall	Monday		Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Children through 1 whole unflavored, 2+ 1% unflavored		Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored
	Life Cereal(WG)		Home Made Whole Wheat Oat Muffins (WG)	French Toast (WG)/ Syrup (S)	Bagels & Cream Cheese (low fat)	English Muffin (WG)/ Strawberry jam (S)
	Fresh Blueberries		Fresh Bananas	Fresh Pineapple	Fresh Strawberries	Fresh Pineapple
Lunch	Milk		Milk	Milk	Milk	Milk
	Home Made Spicy Barbecue Chicken Drummys (HF)		Home Made Bean Taco (B)	Home Made Hamburger Beef & Noodle Soup (LM)	Roasted Chicken (LM)	Sausage Patties (HF)
	Fresh Roasted Broccoli (DG)		Canned Green Beans	Frozen Corn	Fresh Lettuce/ tomatoes/ cucumbers	Frozen Sweet Potato Fries (R/O)
	Canned Applesauce		Fresh Fruit Salad	Fresh Pineapple	Fresh Fruit Salad	Fresh Apples
	Roll				Rice	Biscuit
Snack	AM	Corn muffins(WG) /Fresh Oranges	Triscuits (WG)/ Fresh Strawberries, blueberries, grapes	Sunflower Butter & Fresh Banana Wraps	Ritz (WG)/Fresh carrots, cucumber, peppers (R/O)	Fresh Oranges/Graham Crackers
	PM	Chex Mix/ Fresh Seasonal Fruit Salad mix	Cottage Cheese (low fat)/ Fresh Cucumber, Peppers(R/O)	English Muffin (WG)/ Fresh Strawberries, blueberries, grapes	Toast (WG) String Cheese (low fat)	Rice Cakes(WG)/ Canned Applesauce

Weekly Menu

Week 4- Fall	Monday		Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Children through 1 whole unflavored, 2+ 1% unflavored		Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored	Milk Children through 1 whole unflavored, 2+ 1% unflavored
	Shredded Mini Wheats (WG)		Eggs & Toast (WG)	English Muffin (WG)/ Strawberry Jam (S)	Pancakes (WG)/ Syrup (S)	Home Made Whole Wheat Oat Muffins (WG)
	Fresh Apples/Oranges		Fresh Bananas/ Strawberries	Fresh Apples/ Oranges	Fresh Pineapple/ Blueberries	Canned Applesauce
Lunch	Milk		Milk	Milk	Milk	Milk
	Grilled Cheese (low fat) Sandwiches		Home Made Chicken Noodle Soup (LM)	Home Made Sloppy Joes (LM)	Home Made Teriyaki Chicken (LM)	Home Made Chicken Alfredo (LM)
	Canned Tomato Soup		Fresh Salad with cucumbers and peppers	Frozen Corn	Fresh Salad with cucumbers and snap peas(B)	Fresh Broccoli (DG)
	Cottage Cheese(low fat)		Canned Applesauce	Fresh Blueberries	Fresh Fruit Salad	Fresh Apples
	Canned Applesauce			Slider	Rice	Rotini Pasta
Snack	AM	Ritz (WG)/ Fresh Fruit mix	Gold Fish (WG)/ Fresh Fruit mix	Yogurt(low fat)/Fresh Fruit mix	Fresh Bananas, Strawberries/ Saltines (WG)	Wheat Thins (WG)/Fresh Oranges
	PM	Graham Grackers/ Sunflower Butter	Soft Pretzels / String Cheese (low fat)	Home Made Whole Wheat Oat Muffins (WG)/ Milk	Bagel/ Cream Cheese (low fat)	Cheese Cubes (low fat)/ Fresh Cucumbers, carrots, celery (R/O)