

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 Crackers/ 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 Drumsticks (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 Crackers/ 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)