

WEEK 1 MENU

	BREAKFAST	HOT LUNCH	PM SNACK 1	PM SNACK 2
MONDAY	Multigrain Cheerios Cereal with Milk	Chicken Noodle Soup, Crackers, Water/Juice	Toasted Whole-wheat Bagel with Crème Cheese, Fresh Seasonal Vegetables, Water/Juice	Baby Carrots with Hummus Dip, Water/Juice
TUESDAY	Yogurt, Oatmeal Cookie, Milk	Macaroni & Cheese, Fresh Seasonal Vegetables, Water/Juice	Banana Muffin, Fresh Seasonal Fruit, Water/Juice	Crackers & Greek Yogurt, Water/Juice
WEDNESDAY	Unsweetened Apple Sauce, Mini Croissant, Milk	Mashed Potatoes, Chicken Meatballs with Tomato Sauce Fresh Vegetables, Water/Juice	Whole-wheat Pita with Cheese, Fresh Seasonal Vegetables, Water/Juice	Fruit Yogurt & Fresh Seasonal Fruit, Water/Juice
THURSDAY	Oatmeal Porridge with Raisins, Milk	Potato Dumplings with Sour Cream, Water/Juice	Waffles with Maple Syrup & Fresh Orange Segments, Water/Juice	Fresh Apple Slices & Graham Crackers, Water/Juice
FRIDAY	Toasted Blueberry Bagel with butter, Milk	Noodles with Ground Chicken Meat, Fresh Vegetables, Water/Juice	Homemade Pizza, Berry Jello, Water/Juice	Naan Bread with Cream Cheese, Water/Juice
SATURDAY	Grilled Cheese Sandwich, Milk	Rice with Vegetables (California style blend), Water/Juice	Cucumbers & Crackers with Cream Cheese, Water/Juice	Fresh Seasonal Fruit, Water/Juice

WEEK 2 MENU

	BREAKFAST	HOT LUNCH	PM SNACK 1	PM SNACK 2
MONDAY	Assorted Cereals with Milk	Vegetable Puree Soup with Chicken Broth, Crackers, Water/Juice	Blueberry Muffin, Fresh Seasonal Fruit, Water/Juice	Fresh Apple Slices & Crackers, Water/Juice
TUESDAY	Grilled Cheese Sandwich, Milk	Home-Made Chicken Dumplings with Sour Cream, Water/Juice	Fresh Orange Segments, Waffles with Maple Syrup, Water/Juice	Cheese Curds & Fresh Seasonal Vegetables, Water/Juice
WEDNESDAY	English Muffin with Jam, Milk	Macaroni and Cheese, Fresh Seasonal Vegetables, Water/Juice	Naan Bread with Hummus Dip, Fresh Seasonal Vegetables, Water/Juice	Multigrain Cheerios Cereal
THURSDAY	Toasted Cinnamon Bagel with Butter, Milk	Pasta with Beef Meat Balls, Fresh Vegetables, Water/Juice	Tortia with Grilled Cheese, Fresh Seasonal Vegetables, Water/Juice	Unsweetened Apple Sauce, Water/Juice
FRIDAY	Oatmeal Porridge with Raisins, Milk	Pilaf with Chicken Meat, Fresh Vegetables, Water/Juice	Whole-wheat Pita with Cheese, Fresh Seasonal Vegetables, Water/Juice	Baby Carrots with Hummus Dip, Water/Juice
SATURDAY	Fruit Yogurt, Mini-Bagel, Milk	Couscous Porridge with Chicken Sausages, Fresh Vegetables, Water/Juice	Grilled Cheese Sandwich, Milk	Fresh Seasonal Fruit, Water/Juice

WEEK 3 MENU

	BREAKFAST	HOT LUNCH	PM SNACK 1	PM SNACK 2
MONDAY	Corn Flakes Cereal with Milk, Milk	Chicken Noodle Soup, Crackers, Water/Juice	Banana Muffins, Fresh Seasonal Fruit, Water/Juice	Baby Carrots with Greek Yogurt Dip, Water/Juice
TUESDAY	Blueberry Muffin, Unsweetened Apple Sauce, Milk	Turkey Cutlets with Rice, Fresh Vegetables, Water/Juice	Naan bread with Hummus Dip, Fresh Seasonal Vegetables, Water/Juice	Crackers & Spinach Dip, Fresh Vegetables, Water/Juice
WEDNESDAY	Oatmeal Porridge with Raisins, Milk	Buckwheat Porridge with Beef Sausages, Fresh Vegetables, Water/Juice	Yogurt, Oatmeal Cookie, Fresh Seasonal Fruit, Water/Juice	Cheese Curds and Fresh Veggie Sticks Water/Juice
THURSDAY	Grilled Cheese Sandwich, Milk	Rice with Vegetables (California Style Blend) Water/Juice	Pancakes, Fresh Seasonal Fruit, Juice/Water	Cucumbers & Crackers with Cream Cheese, Water/Juice
FRIDAY	Waffles with Maple Syrup or Jam, Seasonal Fruit, Milk	Macaroni and Cheese, Fresh Vegetables, Water/Juice	Homemade Pizza, Berry Jello, Water/Juice	Greek Yogurt & Crackers, Water/Juice
SATURDAY	Mini Muffin, Apple Sauce, Milk	Rice with Beef Meatballs, Fresh Vegetables, Water/Juice	Fresh Orange Segments, Waffles with Maple Syrup, Water/Juice	Multigrain Cheerios, Fresh Seasonal Fruit, Water/Juice

WEEK 4 MENU

	BREAKFAST	HOT LUNCH	PM SNACK 1	PM SNACK 2
MONDAY	Waffles with Maple Syrup, Seasonal Fruit, Milk	Beef Meat Ball & Vegies Soup, Crackers, Water/Juice	Fruit Yogurt, Fresh Seasonal Fruit, Oatmeal Cookies, Water/Juice	Fresh Apple Slices & Crackers, Water/Juice
TUESDAY	Oatmeal Porridge with Raisins, Milk	Macaroni and Cheese, Fresh Vegetables, Water/Juice	Toasted Blueberry Bagel, Fresh Seasonal Fruit, Water/Juice	Unsweetened Apple Sauce, Water/Juice
WEDNESDAY	Assorted Cereal with Milk	Pilaf with Chicken Meat, Fresh Seasonal Vegetables, Water/Juice	Pancakes with Jam, Fresh Seasonal Fruit, Water/Juice	Cheese and Fresh Veggie Sticks Water/Juice
THURSDAY	Fruit Yogurt, Oatmeal Cookie, Milk	Noodles with Ground Chicken Meat, Fresh Vegetables, Water/Juice	Grilled Cheese Sandwich, Veggie Sticks, Water/Juice	Naan Bread with Hummus Dip, Water/Juice
FRIDAY	Homemade Pancakes with Maple Syrup, Milk	Buckwheat Porridge with Chicken Sausage, Fresh Vegetables, Water/Juice	Whole-wheat Pita with Cheese, Fresh Seasonal Vegetables, Water/Juice	Yogurt, Fresh Banana Slices, Water/Juice
SATURDAY	Mini Bagel with Jam, Milk	Rice with Steamed Beef Meatballs, Fresh Vegetables, Water/Juice	Multigrain Cheerios, Fresh Seasonal Fruit, Water/Juice	Baby Carrots with Hummus Dip, Water/Juice