

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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<b>AM</b>	WW English Muffin, No Nut Butter	Multigrain Cereal, Milk	Granola Bar, Fresh Fruits	WW Shreddies, Milk	Quinoa Crisp, Cream Cheese
<b>LUNCH</b>	Beef Stirfry, Rice Pilaf, Cucumber and Pepper Sticks, Garlic Flat Bread, Fresh Fruit, Milk	Sole Filet, Quinoa, Ketchup, Carrot and Celery Sticks, Onion Roll, Fresh Fruits, Milk	WW/ Vegetable Pasta, Marinara Sauce, Parmesan Cheese, Green and Yellow Beans, Rye Bread, Fresh Fruit, Milk	Chicken Chowder, Spinach Rice, Broccoli Floret and Tomato Wedge, WW Roll , Fresh Fruit, Milk	Beef Hamburger, Corn Niblets, Ketchup, Sliced Cheddar, Hamburger Bun, Fresh Fruit, Milk
<b>PM</b>	Dates Banana Loaf, Fresh Fruits	Yogurt, WW/Multigrain Crackers	No Nut Butter, WW Bagel	Nachos, Cheese, Salsa	Arrowroot Cookies, Fresh Fruits
<b>THIRD</b>	Pears, Water	Oranges, Water	Apples, Water	Bananas, Water	Oranges, Water

<p>Veggie sticks and Bread may change without notice based on availability</p>	<p>Where it states chicken/beef, veggie "meatballs", "meat" patties, ground "meat" is substituted to resemble as nearly as possible the menu item listed. Legumes are also provided for all children.</p>	<p>Legumes are also provided for all children.</p>	<p>Toddler raw veggies are microwaved for one minute before serving.</p>	<p>Water is available with every meal. AM food is snack and not breakfast.</p>	<p>Menu is subject to change based on seasonal availability.</p>
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