

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM	WW English Muffin, No Nut Butter	Yogurt, Fresh Fruits	Granola Bar, Fresh Fruits	Multigrain Cereal, Milk	Triscuit Crackers, Soft Cheese
LUNCH	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, Spanish Rice, Broccoli Floret and Tomato Wedge, WW Roll , Fresh Fruit, Milk	Beef Hamburger, Corn Niblets, Ketchup, Sliced Cheddar, Hamburger Bun, Fresh Fruit, Milk
PM	Dates Banana Loaf, Fresh Fruits	Homemade Trail Mix, Milk	No Nut Butter, Mini Croissant	Nachos, Cheese, Salsa	Arrowroot Cookies, Veggie Sticks
THIRD	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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