

|                                                                                     | MONDAY                                                                                                                                                                                                               | TUESDAY                                                                                               | WEDNESDAY                                                                                                                                                      | THURSDAY                                                                                                                                                        | FRIDAY                                                                                                                    |
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| AM                                                                                  | Bran Raisin Flakes<br>Milk                                                                                                                                                                                           | Arrowroot Cookies<br>Milk                                                                             | Ritz Crackers<br>Fresh Fruits                                                                                                                                  | Apple Butter<br>Wheat Crackers                                                                                                                                  | Rice Krispies<br>Milk                                                                                                     |
| LUNCH                                                                               | WW/ Vegetable Pasta,<br>Cheese sauce, Pepper<br>and Cucumber Sticks,<br>Whole Wheat Bun,<br>Fresh Fruits, Milk                                                                                                       | Chicken Breast<br>Nuggets<br>Rice Pilaf<br>Ketchup<br>Baby Carrots<br>Onion Bun<br>Fresh Fruits, Milk | Panko Crust Pollack Strips<br>Couscous with Sweet Corn<br>Niblets<br>Tartar Sauce<br>Green Beans and Tomato<br>Wedge<br>Pumpernickel Bun<br>Fresh Fruits, Milk | Whole Wheat or Vegetable<br>Pasta<br>Ricotta Tomato sauce<br>Parmesan Cheese<br>Asparagus and Baby Corn<br>Whole Wheat Villaggio<br>Bread<br>Fresh Fruits, Milk | Teriyaki Chicken Meatballs<br>Rice Pilaf<br>Cabbage and Green salad,<br>Dressing<br>Whole Wheat Bun<br>Fresh Fruits, Milk |
| PM                                                                                  | Wow Butter<br>Marble Rye Bagel                                                                                                                                                                                       | Danish Roll<br>Fresh Fruits                                                                           | Apple Croissant<br>Soft Cheese                                                                                                                                 | Banana Muffin<br>Fresh Fruits                                                                                                                                   | Yogurt<br>Brown Rice Cake                                                                                                 |
| THIRD                                                                               | Pears, Water                                                                                                                                                                                                         | Oranges, Water                                                                                        | Apples, Water                                                                                                                                                  | Bananas, Water                                                                                                                                                  | Oranges, Water                                                                                                            |
| Veggie sticks and<br>Bread may change<br>without notice<br>based on<br>availability | Where it states chicken/beef,<br>veggie "meatballs", "meat"<br>patties, ground "meat" is<br>substituted to resemble as<br>nearly as possible the menu<br>item listed. Legumes are also<br>provided for all children. | Legumes are also provided<br>for all children.                                                        | Toddler raw veggies are<br>microwaved for one<br>minute before serving.                                                                                        | Water is available with<br>every meal. AM food is<br>snack and not breakfast.                                                                                   | Menu is subject to change<br>based on seasonal<br>availability.                                                           |