

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--	--------	---------	-----------	----------	--------

AM	WW wraps, cream cheese, oranges, milk	Corn flake cereal, canteloupe chunks, milk	Hard boiled eggs, crumpets, strawberries, milk	Special K cereal, pineapple, milk	WW mini pitas, pears, hummus, milk
LUNCH	Italian meatballs/ tomato sauce, roast potatoes, squash, green peppers, WW bread, bananas, milk	Veggie Tofu, red kidney bean, chick pea chili, elbow macaroni, baby carrots, WW bread, apples, milk	Hamburger, WW bun, purple cabbage/carrot/ kale coleslaw, pears, milk	Chicken/celery/ carrot/onion European Cabbage stew, brown rice, red peppers, WW bread, oranges, milk	Cheesy white bean/tofu/rigatoni casserole, diced beets, pickles, WW bread, apples, milk
PM	Rice crackers, salsa, oranges, milk	WW tortillas, WOW butter, bananas, milk	Plain yogurt, granola, cucumbers, milk	Multi grain bagels, spinach dip, carrots, milk	Unsweetened applesauce, melba toast, milk
THIRD	pears, water/milk	oranges, milk/water	apples, milk/water	bananas, milk/water	oranges, milk/water

Where it states chicken/beef, veggie "meatballs", "meat" patties, ground "meat" is substituted to resemble as nearly as possible the menu item listed. Legumes	Legumes are also provided for all children.	Toddler raw veggies are microwaved for one minute before serving.	Water is available with every meal. AM food is snack and not breakfast.	Menu is subject to change based on seasonal availability.
--	---	---	---	---