

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Seven grain bagels, cheddar cheese cubes, blueberries and milk	Multigrain cheerios cereal, stawberries, milk	Egg salad on whole wheat bread, pears, milk	Cornflakes cereal, mangoes, milk	Whole wheat English muffin, peabutter, peaches, milk
LUNCH	Cabbage roll casserole with veggie ground round/tomato sauce, brown rice, carrots, WW bread, oranges, milk	Irish chicken stew/onions,peas, roasted potatoes, sliced cucumbers, multigrain bread, apples, milk	Cheese&hummus/ beef/turkey sandwiches on WW bread, garden salad, baked beans, bananas, milk	Tofu/ricotta/ tomato/kale casserole with baby shell pasta, corn niblets, dill pickles, WW bread, pears, milk	Fresh salmon with quinoa, green beans, baby carrots, WW bread, apples, milk
PM	Nutrigrain bars, baby carrots, milk	Cheese cubes, melba toast, oranges, milk	WW pita, WOW butter, bananas, milk	Rice crackers, salsa, cucumbers, milk	Unsweetened applesauce, WW crackers, 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.
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