

Spring/Summer Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Fruit Smoothies, rice cakes and water	Bagels with cream cheese, and water	Apple Sauce with graham crackers and water	Cereal with bananas and water	Muffins with blueberries and water
Lunch	Spagetti with garden salad, garlic bread, fruit, water and milk	Meat Sandwiches with macaroni salad, nacho chips, vegetable platter, fruit, water and milk	Fish Tacos with rice, harvest vegetables, fruit, water and milk	Cheesy ham casserole, mixed vegetables, biscuits, fruit, water and milk	Hearty soup, with grilled cheese sandwiches, fruit, water and milk
Mid-afternoon snack	Veggie Straws with pickle tray and water	Hummus dip with pita chips and water	Cheese, crackers and water	Homemade cookies, cucumber slices and water	Trail Mix with vegetable tray and water

Spring/Summer Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Yogurt with animal crackers and water	Cereal with blueberries, milk and water	Homemade Granola bars with mandarin oranges and water	Hard boiled eggs with cheese, crackers and water	Loaf bread, fresh fruit and water
Lunch	Broccoli chicken rice casserole with green beans, dinner rolls, fruit, water and milk	Ham with homemade macaroni and cheese, mixed vegetables, fruit, water and milk	Baked fish with mashed potatoes, mixed vegetables, fruit, water and milk	Lasanga with caesar salad, garlic bread, fruit, water and milk	Pepperoni Pizza with garden salad, fruit, water and milk
Mid-afternoon snack	Popcorn with fresh fruit and water ***Cheerios for infants and toddlers***	Meat sandwiches with carrot sticks and water	Nachos with cheese, salsa, sour cream and water	Trail mix with bananas and water	Ice Cream Cones and water

Spring/Summer Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Trail Mix with Yogurt and water	Apple sauce, graham wafers and water	Toasted English Muffins with fruit jam and water	Fruit smoothies, animal crackers and water	Cereal with milk, fresh fruit and water
Lunch	Chicken Taco Bake with rice, mixed vegetables, fruit, water and milk	Beef Stroganoff with garden salad, biscuits, fruit, water and milk	Chicken noodle soup with cheese quesadillas, fruit, water and milk	Assorted tuna and deli sandwiches with broccoli salad, cheese cubes, pickles, fruit, water and milk	Pulled pork on a bun with cheesy noodles, carrots, fruit, water and milk
Mid-afternoon snack	Cream cheese pinwheels with pickle tray and water	Fruit popsicles with rice cakes and water	Fish Crackers with fresh fruit and water	Homemade cookies, cucumber slices and water	Guacamole and sour cream with naan wedges and water

Spring/Summer Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Rice cakes, fresh fruit, and water	Apple Crisp and water	Hard boiled eggs with cheese, crackers and water	Loaf Bread with fresh fruit and water	Yogurt, trail mix and water
Lunch	Ravioli casserole with garden salad, garlic twists, fruit, water and milk	Chicken ceasar wraps with sweet potato fries, veggie sticks, fruit, water and milk	Upside down pepperoni pizza with garden salad, buns, fruit, water and milk	Cod nuggets with rice, mixed harvest vegetables, fruit, water and milk	Meatballs with hasbrown casserole, mixed vegetables, fruit, water and milk
Mid-afternoon snack	Veggie Staws with apples and water	Yogurt pops with graham crackers and water	Nachos with cheese, salsa, sour cream and water	Pudding graham wafers and water	Meat sandwiches with celery sticks and water