

MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Golden Apple Oatmeal	Milk Scrambled Eggs Buttered Toast Banana	Milk Waffles Spiced Apple Slices	Milk Blueberry Muffins Sliced Oranges	Milk Cheerios Seasonal Fresh Fruit: _____ <small>specify</small>
Lunch	Milk Sweet & Sour Chicken Glazed Carrots Rice	Milk Meat Sauce Broccoli Spaghetti Noodles	Milk Lemon Pepper Chicken Squash Casserole Fruit: _____ <small>specify</small> Roll	Milk Tuna Noodle Casserole Sweet Peas Diced Peaches Egg Noodles	Milk Chicken Salad On bed of lettuce Apple Wedge Saltine Crackers
Snack	Water Banana Nilla Wafers	Water Blueberry Muffin Orange Wedge	Milk Oatmeal Raisin Cookie Bar	Water Baby Carrots Celery Sticks Squash Slices With Bean Dip	Water Fruit: _____ <small>specify</small> Cheese Crackers

* 1 Year Olds – Whole Milk; 2 – 6 Year Olds – Skim/1% Milk; Soy Alternate Available

(SPRING/SUMMER)

MENU 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Corn Flakes Orange Slices	Milk Buttered Biscuit Seasonal Fresh Fruit: _____ <small>specify</small>	Milk Waffles Spiced Apples	Milk Cheese Grits Banana	Milk Cinnamon Toast Orange Wedge
Lunch	Milk Ground Turkey Mexican Corn Fruit: _____ <small>specify</small> Spanish Rice	Milk Lemon Pepper Chicken Black Eyed Peas Diced Peaches Roll	Milk Egg Salad Sandwich Cooked Carrots Fruit: _____ <small>specify</small> Whole Wheat Bread	Milk Tilapia or Chicken Breast Collard Greens Mixed Fruit White Rice	Milk Chicken BBQ Sandwich Vegetarian Baked Beans Apple Wedge Hamburger Bun
Snack	Water Sliced Turkey & Sliced Cheese Roll-up Fruit: _____ <small>specify</small>	Water Hard Boiled Egg Saltine Crackers	Water Orange Slices Animal Crackers	Water Banana Bread Melon	Water Cheese Crackers Fruit: _____ <small>specify</small>

* 1 Year Olds – Whole Milk; 2 – 6 Year Olds – Skim/1% Milk; Soy Alternate Available

(SPRING/SUMMER)

MENU 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Cheerios Orange Wedge	Milk Scrambled Eggs Buttered Toast Banana	Milk Oatmeal with Diced Peaches	Milk Cheese Biscuit Spiced Apples	Milk English Muffin with Cottage Cheese Fruit: _____ <small>specify</small>
Lunch	Milk Tuna Noodle Casserole Sweet Peas Diced Peaches Egg Noodles	Milk Sweet & Sour Chicken Glazed Carrots Rice	Milk Mexican Meatloaf Salad (lettuce, carrots, red cabbage) with Ranch Dressing Mexican Corn	Milk Curry Chicken Squash Casserole Orange Slices Rice	Milk Sliced Turkey and Cheese Sandwich Dill Pickle Spear Carrot-Raisin Salad Whole Wheat Bread
Snack	Water Toasted Bagel with Cream Cheese Fruit: _____ <small>specify</small>	Water Orange Slices Animal Crackers	Water English Muffin Pizza with Cheese	Water Banana Nilla Wafers	Water Fruit _____ <small>specify</small> Cheese Crackers

* 1 Year Olds – Whole Milk; 2 – 6 Year Olds – Skim/1% Milk; Soy Alternate Available

(SPRING/SUMMER)

MENU 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Waffles with Spiced Apples	Milk Cheese Toast Orange Wedge	Milk Zucchini Bread Banana	Milk Cheese Grits Orange Wedge	Milk Cheerios Seasonal Fresh Fruit: _____ <small>specify</small>
Lunch	Milk Sliced Turkey and Sliced Cheese Roll-Up Sliced Cucumbers with Italian Dressing Apple Wedge Soft Flour Taco	Milk Tilapia Fillet or Chicken Breast Squash Casserole Diced Pears Roll	Milk Chicken a La King Fresh Spinach Salad with Italian Dressing Mixed Fruit Biscuit	Milk Taco Casserole Sweet Corn Black Beans Mexican-Style Cornbread	Milk Egg Salad Sandwich Carrot Sticks Fruit: _____ <small>specify</small> Whole Wheat Bread
Snack	Water Sliced Cheese Crackers	Water Egg Salad On Whole Wheat Bread	Water Veggies (Carrots Celery and/or Cucumber) with Molten Lava Dip	Water Zucchini Bread Fruit: _____ <small>specify</small>	Water Apple Wedge Graham Crackers

* 1 Year Olds – Whole Milk; 2 – 6 Year Olds – Skim/1% Milk; Soy Alternate Available

(SPRING/SUMMER)