

MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Cheerios Orange Slice	Milk Oatmeal With Blueberries	Milk Pumpkin Pancakes Spiced Apple Slices	Milk Oatmeal & Raisin Muffin Banana	Milk Cornflakes Orange Slices
Lunch	Milk Turkey Sloppy Joes (Ground Turkey) Green Beans Apricots Hamburger Bun Vegetarian Protein option: Sloppy Joe Tofu Scramble	Milk Bean & Cheese Enchiladas Sweet Corn Diced Peaches Corn Tortillas	Milk Lemon Pepper Chicken Oven Roasted Vegetables (potatoes, broccoli, carrots, cauliflower, bell peppers) Diced Pears Roll Vegetarian Protein option: Lemon Pepper Baked Tofu	Milk Cheesy Chicken Bake Sweet Peas Apple Wedge Rice Vegetarian Protein option: Cheese & Rice Casserole	Milk Turkey Burgers Lettuce & Tomato Oven Baked Sweet Potato Tots Hamburger Bun Vegetarian Protein option: Fresh Made Black Bean Burger
Snack	Water Sliced Bananas Vanilla Pudding Nilla Wafers	Milk Oatmeal & Raisin Muffin	Water Sliced Cheese Ritz Crackers	Water Pineapple Tidbits Cottage Cheese	Water Fruit: _____ Specify Cheese Crackers (Goldfish)

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

(FALL/WINTER)

MENU 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Drop Biscuit with Jelly Banana	Milk Cheese Grits Orange Slices	Milk Waffles Spiced Apples	Milk Blueberry Pancakes with Blueberry Drizzle	Milk Rice Crispies Fruit: _____ specify
Lunch	Milk Panko Breaded Tilapia Spicy Parmesan Grits Cooked Carrots Roll Allergy option: Baked Chicken Breast Vegetarian Protein option: Panko Breaded Tofu	Milk Mac & Cheese with Ground Turkey Sweet Peas Diced Peaches Macaroli Noodles Vegetarian Protein option: Baked Tofu Alfredo	Milk Shredded Cheddar Cheese Vegetarian Chili with Beans Sweet Corn Cornbread	Milk Spinach & Three Cheese (mozzarella, ricotta & parmesan) Lasagna Steamed Broccoli Diced Pears Lasagna Noodles	Milk Baked Diced Turkey Scalloped Potatoes Apple Wedge Biscuit Vegetarian Protein option: Baked Diced Tofu
Snack	Water Sliced Turkey & Sliced Cheese Roll-up Fruit: _____ specify Vegetarian Protein option: Cheese Roll- up	Water Ants on a Beach [Cream Cheese Raisins Graham Crackers]	Water Orange Slices Animal Crackers	Water Salsa Crispy Flour Tortillas	Water Cheese Crackers Fruit: _____ specify

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(FALL/WINTER)

MENU 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Cornflakes Bananas	Milk Pumpkin Bread Orange Wedge	Milk Waffles with Spiced Apples	Milk Cheese Grits Orange Wedge	Milk Cheerios Seasonal Fresh Fruit: <hr/> Specify
Lunch	Milk Harvest Stew (Diced chicken, carrots, tomatoes, sweet potatoes, red potatoes, beans) Diced Peaches Rice Vegetarian Protein Option: Extra Beans (no chicken)	Milk Handmade Black Bean Burger Slider Salad (lettuce & tomato) Pineapple Tidbits Roll	Milk Baked Chicken Squash Casserole Sweet Peas Cheesy Noodles Vegetarian Protein option: Baked Tofu	Milk Sweet Potato Shepherd's Pie (with Ground Turkey & Mashed Sweet Potatoes) Green Beans Diced Pears Drop Biscuit Vegetarian Protein option: Sweet Potato Shepherd's Pie (with Tofu Scramble & Sweet Potatoes)	Milk Chicken Noodle Soup Cooked Carrots Apple Wedge Egg Noodles Crackers Vegetarian Protein option: Handmade Creamy Tomato Soup
Snack	Milk Pumpkin Bread	Water Yogurt Banana Nilla Waffers	Water Salsa Crispy Flour Tortillas	Water Sliced Cheese Crackers	Water Seasonal Fresh Fruit: <hr/> Specify Graham Crackers

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(FALL/WINTER)