

MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Toasted Bagel with Cream Cheese Cantaloupe	Milk Scrambled Eggs Turkey Bacon Buttered Toast Banana	Milk Golden Apple Oatmeal	Milk Waffles Spiced Apple Slices	Milk Cheerios Blueberries
Lunch	Milk Sweet & Sour Chicken Glazed Carrots Rice	Milk Cheddar Cheese Meat Sauce Broccoli Pears Macaroni Noodles	Milk Lemon Pepper Chicken Collard Greens Cantaloupe Roll	Milk Tuna Noodle Casserole Sweet Peas Diced Peaches Egg Noodles Allergy Option: Diced Chicken Breast Noodle Casserole	Milk Chicken Salad On bed of lettuce Apple Wedge Saltine Crackers
Snack	Water Banana Nilla Wafers	Water Mozzarella Cheese Pizza Bagel	Water Baby Carrots Celery Sticks with Hummus	Milk Carrot Cake	Water Fruit: <hr/> Specify Cheese Crackers

Vegetarian Option is available every day. The protein substitution will be beans or cheese.

* 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 Rice Cereal Orange Slices	Milk Scrambled Eggs Turkey Bacon Buttered Toast Cantaloupe	Milk Applesauce Cake Strawberries	Milk Cheese Grits Banana	Milk Cinnamon Toast Orange Wedge
Lunch	Milk Ground Turkey Mexican Corn Plums Spanish Rice	Milk Lemon Pepper Chicken Black Eyed Peas Diced Peaches Roll	Milk Spinach Lasagna with Mozzarella Cheese Broccoli Apricots	Milk Panko Breaded Tilapia Collard Greens Mixed Fruit White Rice Allergy option: Diced Chicken Breast	Milk Sliced Turkey and Cheese Sandwich Dill Pickle Spear Carrot-Raisin Salad Whole Wheat Bread
Snack	Water Sliced Turkey & Sliced Cheese Roll-up Strawberries Vegetarian Protein option: Cheese Roll- up	Milk Applesauce Cake	Water Hard Boiled Egg Ritz Crackers	Water Yogurt Cantaloupe Slices	Water Cheese Crackers Fruit: <hr/> specify

Vegetarian Option is available every day. The protein substitution will be beans or cheese.

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MENU 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Cheerios Orange Wedge	Milk Breakfast Burrito Banana	Milk Oatmeal with Blueberries	Milk Zucchini Bread Orange Slices	Milk Toasted Bagel with Cottage Cheese Strawberries
Lunch	Milk Tuna Noodle Casserole Sweet Peas Diced Peaches Egg Noodles Allergy Option: Diced Chicken Breast Casserole	Milk Sweet & Sour Chicken Glazed Carrots Rice	Milk Mexican Meatloaf Salad (lettuce, carrots, red cabbage) with Ranch Dressing Mexican Corn Crackers	Milk Curry Chicken Cooked Squash Peaches Rice	Milk Chicken BBQ Sandwich Vegetarian Baked Beans Apple Wedge Hamburger Bun
Snack	Water Toasted Bagel with Cream Cheese	Water Orange Slices Animal Crackers	Milk Zucchini Bread	Water Banana Nilla Wafers	Water Fruit _____ specify Cheese Crackers

Vegetarian Option is available every day. The protein substitution will be beans or cheese.

* 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 Cheese Toast Orange Wedge	Milk Scrambled Eggs Turkey Bacon Biscuit Banana	Milk Waffles with Spiced Apples	Milk Cheese Grits Orange Wedge	Milk Cheerios Blueberries
Lunch	Milk Sliced Turkey and Sliced Cheese Roll-Up Sliced Cucumbers with Italian Dressing Apple Wedge Soft Flour Tortilla	Milk Tilapia Fillet or Chicken Breast Green Beans Diced Pears Roll Allergy Option: Diced Chicken Breast	Milk Chicken Salad Cherry Tomatoes with Balsamic Vinaigrette Plums Crackers	Milk Spinach Lasagna with Mozzarella Cheese Broccoli Apricots	Milk Turkey & Cheese Sandwich Carrot Sticks Fruit: _____ <small>specify</small> Whole Wheat Bread
Snack	Water Cheese Crackers Cantaloupe	Water Hard Boiled Egg Ritz Crackers	Water Veggies (Carrots Celery and/or Cucumber) with Hummus Allergy Option: Yogurt	Water Toasted Bagel Cream Cheese	Water Apple Wedge Graham Crackers

Vegetarian Option is available every day. The protein substitution will be beans or cheese.

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