Weekly Menu

WEEK 1

Water is offered throughout the day (upon arrival, outdoor play, between all meals and snacks

Organic whole milk, Organic 2% milk, and 100% fruit juice is served

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Oatmeal, bananas, milk	Whole grain toast, applesauce, milk	Cheerios, strawberries, milk	Waffles, mixed fruit, milk	Muffins, apple slices, milk
Morning Snack	Chex Mix (nut free)	Yogurt, granola	Whole grain ritz crackers, cheese sticks	Applesauce	Pears
Lunch	Baked chicken, brown rice, green beans, peaches, milk	Turkey whole wheat spaghetti, broccoli, pears, milk	Beef taco bowl (brown rice, ground beef, corn), mandarin oranges, milk	Baked fish, sweet potatoes, peas, pineapple, milk	Chicken alfredo (whole wheat pasta), black beans, mixed fruit
Afternoon Snack	Apples, yogurt	Animal crackers, juice	Yogurt, granola	Graham crackers, milk	Whole grain ritz crackers, juice

Weekly Menu

WEEK 2

Water is offered throughout the day (upon arrival, outdoor play, between all meals and snacks
Organic whole milk, Organic 2% milk, and 100% fruit juice is served

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Pancakes, bananas, milk	Oatmeal, milk, fruit	Whole grain cereal, strawberries, milk	English muffin, eggs, peaches, milk	French toast sticks, apples, milk
Morning Snack	Pears	Whole grain ritz crackers, juice	Apples, peanut butter	Yogurt, granola	Bananas
Lunch	BBQ chicken, mashed potatoes, corn, applesauce, milk	Turkey cheese wraps, mandarin oranges, milk	Beef penne, green beans, peaches, milk	Chicken stir fry, brown rice, mixed veggies, pineapple, milk	Turkey sloppy joe, cornbread, mixed fruit, milk
Afternoon Snack	Graham crackers, milk	Peaches	Whole grain ritz crackers, cheese	Chex mix (nut free)	Graham crackers, milk

Weekly Menu

WEEK 3

Water is offered throughout the day (upon arrival, outdoor play, between all meals and snacks
Organic whole milk, Organic 2% milk, and 100% fruit juice is served

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Whole grain bagel, cream cheese, apples, milk	Oatmeal, pears, milk	Cheerios, bananas, milk	Pancakes, eggs, fruit, milk	Whole grain toast, mixed fruit, milk
Morning Snack	Mandarin oranges	Whole grain crackers, cheese	Applesauce	Yogurt, granola	Peaches
Lunch	Chicken nuggets, sweet potatoes, green beans, peaches, milk	Turkey sloppy joe, carrots, pineapple, milk	Chicken rice bowl, broccoli, fruit, milk	Beef tacos, corn, mandarin oranges, milk	Homemade mac n cheese, peas, apples, milk
Afternoon Snack	Yogurt, granola	Mixed smoothie	Pineapples	Animal crackers, milk	Whole grain crackers, juice

Weekly Menu

WEEK 4

Water is offered throughout the day (upon arrival, outdoor play, between all meals and snacks
Organic whole milk, Organic 2% milk, and 100% fruit juice is served

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles, strawberries, milk	Oatmeal, apples, milk	Whole grain cereal, peaches, milk	Whole grain toast, mixed fruit, eggs, milk	Pancakes, bananas, milk
Morning Snack	Bananas	Mixed smoothie	Mandarin oranges	Yogurt, granola	Pears
Lunch	Baked chicken, rice pilaf, carrots, pineapples, milk	Beef burger, sweet potato fries, pears, milk	Chicken quesadilla (whole wheat tortilla), corn, fruit, milk	Turkey whole wheat spaghetti, peas, pears, milk	Pizza, mixed fruit
Afternoon Snack	Animal crackers, milk	Whole grain crackers, juice	Applesauce	Mixed fruit	Graham crackers, milk