

School Year Menu – Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Blueberries</p> <p>Milk and water</p>	<p>Rice cakes with applesauce (strawberry and apple varieties)</p> <p>Bananas</p> <p>Milk and water</p>	<p>Hot cereal with milk (cooked oats)</p> <p>Raspberries</p> <p>Milk and water</p>	<p>Toasted whole wheat English muffins with apple butter and pea butter spreads</p> <p>Kiwi</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Red grapes</p> <p>Milk and water</p>
Lunch	<p>Honey garlic chicken</p> <p>Basmati Rice</p> <p>Steamed broccoli and carrot sticks</p> <p>Milk and water</p>	<p>Whole wheat penne pasta with spinach, cheese and tomato cream sauce</p> <p>Bean salad with yellow, green and white beans, red onions, diced tomatoes, shredded carrots, chick peas and vinaigrette dressing</p> <p>Milk and water</p>	<p>Beef tacos (on whole wheat tortilla flats or hard taco shells) with sour cream, shredded lettuce, tacos sauce and shredded cheese</p> <p>Orzo salad with cucumbers, diced tomatoes, red onions, oil and vinegar dressing</p> <p>Milk and water</p>	<p>White bean soup with carrots and potatoes</p> <p>Whole wheat Kaiser buns with sliced marble cheese</p> <p>Orange bell pepper slices</p> <p>Milk and water</p>	<p>Baked casserole with whole wheat rotini, ground beef, corn, parmesan cheese and homemade tomato sauce</p> <p>Garden salad with romaine lettuce, red onions, cherry tomatoes salad and homemade ranch dressing</p> <p>Cucumber slices</p> <p>Milk and water</p>
P.M. Snack	<p>Frozen Greek yogurt bark with honey, Crispix cereal, strawberries and blueberries</p> <p>Red mangoes</p> <p>Milk and water</p>	<p>Homemade carrot loaf</p> <p>Cantaloupe chunks</p> <p>Milk and water</p>	<p>Trail mix with dried fruit (Crispix, Shredded Wheat, Cheerios & Rice Krispies cereals with dried banana chips and Craisins™)</p> <p>Bosc pears</p> <p>Milk and water</p>	<p>Homemade zucchini coca loaf</p> <p>Red delicious apples</p> <p>Milk and water</p>	<p>Melba toast with pea butter and apple butter spreads</p> <p>Oranges</p> <p>Milk and water</p>
2nd P.M. Snack	<p>Red mangoes</p> <p>Milk and water</p>	<p>Cantaloupe chunks</p> <p>Milk and water</p>	<p>Bosc pears</p> <p>Milk and water</p>	<p>Red delicious apples</p> <p>Milk and water</p>	<p>Oranges</p> <p>Milk and water</p>

School Year Menu – Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Hot cereal with milk (cooked oats) Blueberries Milk and water	Plain yogurt with honey and bran flakes cereal topping Raspberries Milk and water	Rice cakes with apple butter and pea butter spreads Bananas Milk and water	Whole wheat bagels with cream cheese Cantaloupe chunks Milk and water	Cereal with milk (Bran flakes and Cheerios) Kiwi Milk and water
Lunch	Chicken Caesar wraps on whole wheat tortilla flats with grated marble cheese and shredded lettuce Steamed corn Carrot coins Milk and water	Vegetarian Chow Mein with tofu, pea and carrots Creamy cabbage and carrot coleslaw Milk and water	Roast beef with homemade gravy dipping sauce Whole wheat dinner rolls with sliced mozzarella Roasted potatoes Steamed broccoli Milk and water	Vegetable soup with quinoa, onions, celery, corn, carrots and peas Egg and tuna sandwiches on whole grain bread Milk and water	Beef stir fry with snow peas, onions, carrots and broccoli Basmati rice Cucumber slices Milk and water
P.M. Snack	Trail mix with popcorn, pretzels, dried apricots and dried cranberries Bartlett pears Milk and water	Homemade blueberry lemon loaf Red grapes Milk and water	Pea butter and banana rollups on whole wheat tortilla flats Kiwi Milk and water	Organic crackers with mozzarella cheese cubes Granny Smith apples Milk and water	Applesauce with rice cakes (strawberry and apple varieties) Oranges Milk and water
2nd P.M. Snack	Bartlett pears Milk and water	Red grapes Milk and water	Kiwi Milk and water	Granny Smith apples Milk and water	Oranges Milk and water

School Year Menu – Week #3

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	<p>Cereal with milk (Crispix and Cheerios)</p> <p>Red delicious apples</p> <p>Milk and water</p>	<p>Rice cakes with applesauce (strawberry and apple varieties)</p> <p>Bananas</p> <p>Milk and water</p>	<p>Hot cereal with milk (cooked oats)</p> <p>Strawberries</p> <p>Milk and water</p>	<p>Whole grain toast with boiled eggs</p> <p>Kiwi</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Blueberries</p> <p>Milk and water</p>
Lunch	<p>Chicken fried rice with corn, peas and carrots</p> <p>Garden salad tomatoes, cucumbers, romaine hearts and vinaigrette dressing</p> <p>Milk and water</p>	<p>Whole wheat spaghetti with homemade cream sauce (tofu and parmesan)</p> <p>Caesar salad with homemade croutons and homemade Caesar dressing</p> <p>Milk and water</p>	<p>Whole wheat submarine sandwiches with baked chicken bread slices, tomatoes, lettuce and mozzarella slices</p> <p>Couscous salad with shredded carrots, red onions, cucumber and black olives</p> <p>Milk and water</p>	<p>Potato and leek soup with tofu</p> <p>Whole wheat pita bread with hummus dip</p> <p>Cauliflower florets</p> <p>Milk and water</p>	<p>Chili con carne (with lean ground beef) with orange and green peppers, celery, onions, tomato sauce and red kidney beans</p> <p>Buttered whole wheat dinner rolls</p> <p>Carrot coins</p> <p>Milk and water</p>
P.M. Snack	<p>Whole wheat bread sticks with hummus dip</p> <p>Mangoes</p> <p>Milk and water</p>	<p>Homemade pumpkin loaf</p> <p>Honeydew melon chunks</p> <p>Milk and water</p>	<p>Whole wheat and whole grain bagels with cream cheese</p> <p>Bananas</p> <p>Milk and water</p>	<p>Plain yogurt with homemade granola topping</p> <p>Green grapes</p> <p>Milk and water</p>	<p>Whole wheat nachos with salsa</p> <p>Golden delicious apples</p> <p>Milk and water</p>
2nd P.M. Snack	<p>Mangoes</p> <p>Milk and water</p>	<p>Honeydew melon chunks</p> <p>Milk and water</p>	<p>Bananas</p> <p>Milk and water</p>	<p>Green grapes</p> <p>Milk and water</p>	<p>Golden delicious apples</p> <p>Milk and water</p>

School Year Menu – Week #4

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	<p>Cereal with milk (Crispix and Cheerios)</p> <p>Blueberries</p> <p>Milk and water</p>	<p>Plain yogurt with honey and bran cereal topping</p> <p>Bananas</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Honeydew chunks</p> <p>Milk and water</p>	<p>Toast (whole grain bread) with pea butter and apple butter spreads</p> <p>Granny Smith apples</p> <p>Milk and water</p>	<p>Hot cereal with milk (cooked oats)</p> <p>Strawberries</p> <p>Milk and water</p>
Lunch	<p>Chicken stir fry with zucchini, asparagus and orange peppers</p> <p>Basmati rice</p> <p>Steamed broccoli</p> <p>Milk and water</p>	<p>Baked elbow macaroni and cheese with homemade cheese and tofu sauce</p> <p>Garden mix salad with romaine hearts, red onions, cucumbers and homemade ranch dressing</p> <p>Milk and water</p>	<p>Chicken souvlaki on whole wheat pita pockets with shredded lettuce, tomato slices and tzatziki spread</p> <p>Mediterranean chick pea salad with cucumbers, cherry tomatoes, black olives and homemade vinaigrette dressing</p> <p>Milk and water</p>	<p>Red lentil soup</p> <p>Egg and tuna sandwiches on whole wheat bread</p> <p>Baby carrots</p> <p>Milk and water</p>	<p>Steak fajitas on whole wheat tortilla flats with shredded cheddar cheese, sour cream, sautéed onions and peppers (red, yellow, orange and green bell peppers)</p> <p>Steamed green and y yellow beans</p> <p>Milk and water</p>
P.M. Snack	<p>Rice cakes with pea butter and apple butter spreads and celery sticks</p> <p>Gala apples</p> <p>Milk and water</p>	<p>Homemade strawberry and banana swirl loaf</p> <p>Oranges</p> <p>Milk and water</p>	<p>Whole wheat tortilla flats with cream cheese spread and sliced cucumbers</p> <p>Bartlett pears</p> <p>Milk and water</p>	<p>Baked vegetable samosas with sour cream</p> <p>Kiwi</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Golden delicious apples</p> <p>Milk and water</p>
2nd P.M. Snack	<p>Gala apples</p> <p>Milk and water</p>	<p>Oranges</p> <p>Milk and water</p>	<p>Bartlett pears</p> <p>Milk and water</p>	<p>Kiwi</p> <p>Milk and water</p>	<p>Golden delicious apples</p> <p>Milk and water</p>