

## School Year Menu – Week #1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. Snack</b>	<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>
<b>Lunch</b>	<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>
<b>P.M. Snack</b>	<p>Vegetable Platter with French onion dip (baby carrots, cucumbers and celery sticks)</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 &amp; 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>
<b>2<sup>nd</sup> P.M. Snack</b>	<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

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

## School Year Menu – Week #3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. Snack</b>	<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>
<b>Lunch</b>	<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>
<b>P.M. Snack</b>	<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>
<b>2<sup>nd</sup> P.M. Snack</b>	<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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. Snack</b>	<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>
<b>Lunch</b>	<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>
<b>P.M. Snack</b>	<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>
<b>2<sup>nd</sup> P.M. Snack</b>	<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>