

MENU September 16 – 20, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY SNACK	Shredded Wheat Cereal & Seasonal Fruit Water/Milk	Digestive Cookies & Seasonal Fruit Water/Milk	Kellogg's Corn Flakes & Seasonal Fruit Water/Milk	Multi-Grain Cheerios & Seasonal Fruit Water/Milk	Rice Krispies & Seasonal Fruit Water/Milk
AM SNACK	Oatmeal Porridge & Seasonal Fruit Water/Milk	Pancakes & Seasonal Fruit Water/Milk	Multi-Grain Toast w/Jam & Seasonal fruit Water/Milk	Cinnamon Raisin Bread w/Butter & Seasonal Fruit Water/Milk	French Toast & Seasonal Fruit Water/Milk
LUNCH	Spanish Rice w/Tofu & Vegetables & Seasonal Fruit Water/Milk	Butter Chicken w/Naan Bread & Seasonal Fruit Water/Milk	Chicken Fried Rice & Seasonal Fruit Water/Milk	Split Pea Soup w/Whole Wheat Bread & Seasonal Fruit Water/Milk	Stir-Fry Noodles w/Chicken & Seasonal Fruit Water/Milk
PM SNACK	Yogurt & Seasonal Fruit Water/Milk	Carrot Muffins & Seasonal Fruit Water/Milk	Rice Krispie Treat Day & Seasonal Fruit Water/Milk	Multigrain Crackers & Fruit Sauce Water/Milk	Vegetable Crackers & Seasonal Fruit Water/Milk
LATE SNACK	Digestive Cookies & Fruit Sauce Water/Milk	Cheese Cubes & Seasonal Fruit Water/Milk	Cucumber & Carrot Sticks w/Dip Water/Milk	Crackers & Seasonal Fruit Water/Milk	Cheese Sticks & Seasonal Fruit Water/Milk



Please Note: Veg options are available as well.

