

Menu

Milk served with AM Snack & Lunch
(Milk Substitute: Silk Soy Milk)

Date: 8/3-8/7	Monday Name:	Tuesday Name:	Wednesday Name:	Thursday Name:	Friday Name:
AM Snack	<ul style="list-style-type: none"> Applesauce Saltines No-Nut Butter 	<ul style="list-style-type: none"> Strawberries Cheese Slices Cheerios 	<ul style="list-style-type: none"> Bananas Blueberry Bread 	<ul style="list-style-type: none"> Blueberries Corn Bread Butter 	<ul style="list-style-type: none"> Bagel Cream Cheese Strawberry Spread
Dairy Sub.	(DF)	(DF) Cheese	(DF) Blueberry Bread	(DF) Corn Bread and Butter	(DF) Cream Cheese
Soy Sub.	(SF) No-Nut butter				
Gluten Sub. (GF)	(GF) Crackers	(GF) Cereal	(GF) Blueberry Bread	(GF) Corn Bread and Butter	(GF) Bagels
Vegetarian Sub.					
Vegan Sub. (V)	(V)	(V) Cheese	(V) Blueberry Bread	(V) Corn Bread and Butter	(V) (DF) Cream Cheese
Infant Sub.					
Lunch	<ul style="list-style-type: none"> Cheese Ravioli in Tomato Sauce Peas and Carrots Pineapple Chunks 	<ul style="list-style-type: none"> Broccoli, Rice and Cheese Casserole Apricots 	<ul style="list-style-type: none"> Cheese and Tomato Pizza Green Beans Diced Peaches 	<ul style="list-style-type: none"> Turkey Burger on Whole Wheat Rolls Cauliflower Pears 	<ul style="list-style-type: none"> Chicken Salad Spinach Wrap Tomato Bits Cranapple Sauce
Dairy Sub.	(DF) Pasta with Cheese	(DF) Cheese	(DF) Cheese	(DF)	(DF)
Soy Sub.					
Gluten Sub. (GF)	(GF) Pasta	(GF) Bread	(GF) Pizza	(GF) Roll	(GF) Wrap
Vegetarian Sub.				(V) Veggie Burger	
Vegan Sub. (V)	(V) Macaroni, Tofu and Sauce	(V) Cheese	(V) Cheese	(V) Veggie Burger	(V) Chicken
Infant Sub.					Mixed Veggies
PM Snack	<ul style="list-style-type: none"> Mandarin Oranges Apple Butter Rice Cakes 	<ul style="list-style-type: none"> Cottage Cheese Fruit Salad Carrots 	<ul style="list-style-type: none"> Vanilla Yogurt Mixed Berries 	<ul style="list-style-type: none"> Melon Mix Hummus Pita Chips Veggies 	<ul style="list-style-type: none"> Watermelon Cheese Stick Pretzels
Dairy Sub.		(DF) Cottage Cheese	(DF) Yogurt		(DF) Cheese
Soy Sub.					
Gluten Sub. (GF)			(GF)		(GF) Pretzels
Vegetarian Sub.					
Vegan Sub. (V)		(V) Cottage Cheese	(V) Yogurt		(V) Cheese
Infant Sub.		Cooked Carrots		Cooked Veggies	Oyster Crackers

Cheese Sandwiches will be given as a substitute lunch if your child dislikes lunch of the day. FOODS ARE ADDITIVE FREE, IF POSSIBLE. Milk is served daily with AM snack and Lunch, water is served with PM snack, and throughout the day. Whenever possible we use fresh fruits and vegetables. Whole wheat products are used if age appropriate.