

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

Date:	Monday Name:	Tuesday Name:	Wednesday Name:	Thursday Name:	Friday Name:
AM Snack	Plain bagel Apple butter Sliced cheese	Center made breakfast bars Bananas	V banana zucchini bread Apricot halves Granola clusters	Vanilla greek yogurt Granola Clementines	V cornbread Cheese cubes
Dairy Sub.	V cheese	V cheese			V cheese
Egg Sub.					
Soy Sub.					
Vegetarian Sub.					
Vegan Sub. (V)		V cheese			V cheese
Infant Sub.			Soft baked oat clusters		
Lunch	DF creamy sundried tomato pasta with chicken Salad with dressing Italian blend vegetables Blueberries	Vegetable noodle soup Grilled cheese Sweet corn Sliced peaches	Turkey meatballs in marinara Wheat rolls Orange slices Green beans	Chicken fajita rice bake Green peas Fruit salad Sweet baked plantains Tortillas	'pesto' pasta (broccoli spinach bean sauce) Sliced cucumber Mango Garlic bread
Dairy Sub.		V cheese			
Egg Sub.					
Soy Sub.					
Vegetarian Sub.	V chicken		V meatball	V chicken	
Vegan Sub. (V)	V chicken	V cheese	V meatball	V chicken	
Infant Sub.	No salad		Mandarin orange		Cooked veggies
PM Snack	Apples Baby carrots Wow butter	Greek yogurt ranch dip Fresh cut veggies Red pepper hummus Pretzels	Mixed berry cream cheese Graham crackers Center made snack mix	V Pizza breadsticks Marinara sauce Mixed fresh fruit	Cinnamon bread croutons Seasoned chickpeas
Dairy Sub.		V ranch dip	V cream cheese		
Egg Sub.					
Soy Sub.					
Vegetarian Sub.					
Vegan Sub. (V)			V cream cheese		
Infant Sub.	Rice cake, soft apples, cooked carrots	Cooked veggies	Honey free graham		

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.