

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	Sliced cheese Assorted cereal Bananas	Hard boiled eggs Cinnamon raisin bread	V pumpkin apple bread String cheese	Wow butter cereal bar Pineapple chunks	Graham crackers Cinnamon cream cheese spread Mixed fresh fruit
Dairy Sub.	V cheese		V cheese		V cream cheese
Egg Sub.		Cheese cube/ v cheese			
Soy Sub.				Sunbutter bar	
Vegetarian Sub.					
Vegan Sub. (V)	V cheese	V cheese	V cheese		V cream cheese
Infant Sub.					Honey free graham
Lunch	V Broccoli cheddar rice-a-roni with white beans Sliced peaches and pears Green beans	Center made meatloaf Chefs choice bread, v butter Mixed veggies Fruit salad	Cheese tortellini with marinara Sweet corn Blackberries Baked seasoned tofu	Seasoned chicken Seasoned rice Cheese, lettuce & tomato Tortillas Orange slices	Wow butter and jelly on wheat Green peas Raspberries Baked potato wedges
Dairy Sub.			Pasta with tofu	V cheese	
Egg Sub.					
Soy Sub.			Baked seasoned chicken		Sunflower butter
Vegetarian Sub.		Veggie burger		V chicken	
Vegan Sub. (V)		Veggie burger	Pasta w tofu	V chicken, v cheese	
Infant Sub.				Mandarin orange	
PM Snack	Wow butter Tortillas Veggie straws	Maple mustard dip Pretzel rods Apples	Seasoned black beans Applesauce	Cucumber Dill yogurt dip Wheat saltine crackers	V blueberry lemon bread Cheese cubes
Dairy Sub.				V dip	V cheese
Egg Sub.					
Soy Sub.	Sunflower butter				
Vegetarian Sub.					
Vegan Sub. (V)				V dip	V cheese
Infant Sub.		Rice cake, soft apple		Cooked veg	

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.