

Menu



WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal Milk	Raisin Bread Peach & Apple 100% Fruit Puree Milk	Dill-ish Egg Salad Cracked Wheat Crackers Milk	Croissants Fresh Fruit Milk	Yummy Fruity Twist Yogurt parfait Bran Flake Topping Milk
Morning Snack	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch	Egg & Rice Casserole (*broccoli, brown rice, *carrots, celery, egg, green onions, *green/red peppers, lentils, onions, *zucchini) *Diced Carrots Fresh Fruit Milk	Slow Cooked Extra Lean Beef Meatballs with Curry Tomato Sauce Whole Wheat Bun *Peas & Corn Fresh Fruit Milk	Chicken Stroganoff with Whole Wheat Pasta (*carrots, cauliflower, chicken, corn, onions, mushrooms, *spinach, rotini pasta) Fresh Fruit Milk	Sweet Potato Soup (celery, chickpeas, *leeks, onions, star pasta, *sweet potatoes, white potatoes) Whole Grain Brioche Bread Fresh Fruit Milk	Diced Turkey & Black Bean Burrito (black beans, onions, red peppers, turkey) Whole Wheat Tortilla *Broccoli & Cauliflower Fresh Fruit Milk
Afternoon Snack	Garlic Naan Tomato & Basil Bruschetta	Fresh Fruit Garden Vegetables Crackers	Vegan Whole Grain Zucchini Loaf with Pear & Apple 100% Fruit Puree	Multigrain Chia Crisps Steamed Carrots	Fresh Fruit Apple Cinnamon & Raisin Oat Bun



Menu



WEEK 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal Milk	Pancakes Strawberry & Apple 100% Fruit Puree Milk	Whole Grain Gluten Free Cereal Fresh Fruit Milk	Whole Wheat English Muffin Cinnamon Spread Milk	Coconut Oatmeal Bar Milk
Morning Snack	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch	Yummy Corn Chowder (cauliflower, *carrots, celery, corn, onions, potatoes, white beans) Fresh Fruit Milk	Baked Chicken, Feta & Spinach Kafta Lemon Brown Rice *Green Peas Fresh Fruit Milk	Ratatouille with Chickpeas and Vegetable Pasta (chickpeas, eggplant, *green/red peppers, mushrooms, onions, tri-color pasta, *zucchini) Fresh Fruit Milk	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun Mixed Vegetables (*green beans, yellow beans, *carrots) Fresh Fruit Milk	Bakes pollock Wedge Tomato Barley *Carrots & Corn Fresh Fruit Milk
Afternoon Snack	Vegan Oatmeal Date Cookie Unsweetened Applesauce	Fresh Fruit Multigrain Mini Squares	Potato & Scallion Bun Tzatziki Hummus	Yogurt Multigrain Trail Mix	Whole Grain Strawberry Cheese Bagel Bite



Menu



WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Milk	Raisin Bread Peach & Apple 100% Fruit Puree Milk	Hard Boiled Egg Cracked Wheat Crackers Milk	Croissants Fresh Fruit Milk	Yummy Fruity Twist Yogurt parfait Bran Flake Topping Milk
Morning Snack	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch	Cheese Omelet Vegetable Rice Pilaf (brown rice, *carrots, corn *spinach) Fresh Fruit Milk	Minestrone Vegetable Alphabet Soup (cabbage, *carrots, celery, kidney beans, onions, pasta, *peas, potatoes, tomatoes) Whole Wheat Bread Garlic Dairy Free Spread Fresh Fruit Milk	Extra Lean beef Meatballs with Tomato Sauce Vegetable Pasta *Broccoli Florets Fresh Fruit Milk	Chicken Teriyaki & Vegetables (cauliflower, chicken, *green beans, onions, *red/green peppers, sliced *carrots) Rice Noodles Fresh Fruit Milk	Creamy Tuna Pasta Parmesan (cheese, coconut, *peas, tuna, ww pasta) *Green Peas Fresh Fruit Milk
Afternoon Snack	Whole Wheat Naan Mexican Bruschetta	Fresh Fruit Spice Snaps	Whole Grain Carrot Loaf Pineapple, Coconut & Apple 100% Fruit Puree	Multigrain Chia Crisps Steamed Carrots	Fresh Fruit Blueberry Oat Bun



Menu



WEEK 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal Milk	Pancakes Strawberry & Apple 100% Fruit Puree Milk	Whole Grain Gluten Free Cereal Fresh Fruit Milk	Whole Wheat English Muffin Cinnamon Spread Milk	Blueberry Oatmeal Bar Milk
Morning Snack	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch	Tri Color Cheese Tortellini with Pureed Lentil Rose Sauce *Carrots & Corn Fresh Fruit Milk	Baked Haddock and Cod Fish Cakes Yummy Veggie Couscous (bell pepper, *carrots, couscous, *peas) Fresh Fruit Milk	Chicken Noodle Soup (*carrots, celery, chicken breast, corn, fresh pasta, *kale, onions, potatoes) Whole Wheat Home- Style Bread Fresh Fruit Milk	Vegetarian Chili (corn, *green & red peppers, kidney beans, soy protein, *squash) Barley Fresh Fruit Milk	Cheesy Chicken and Rice (*broccoli, celery, chicken, onions) *Green Beans Fresh Fruit Milk
Afternoon Snack	Vegan Oatmeal Date Cookie Unsweetened Applesauce	Fresh Fruit Whole Grain Triscuit Thins	Pretzel Bun Sweet & Tangy Hummus	Yogurt Multigrain Trail Mix	Whole Grain Egg Bagel Bites Fresh Fruit

