

Spring/Summer Menu Week 1

Date:	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6oz. Milk Served ½ cup fruit or veg. ½ slice bread or 1/3 cup dry cereal or ¼ cooked cereal	Scrambled Eggs Fresh Fruit	Corn Flakes Cereal Orange Slices(C)	Banana Pancakes Fresh Fruit	French Toast Fresh Fruit	Bagels Cream Cheese Fresh Fruit
Lunch 6oz. Milk Served 1 1/2 oz. meat or protein ¼ fruit, ¼ vegetables ¼ cup grain	Tomato Soup Grilled Cheese Sandwich Fresh Fruit	Turkey Teriyaki Rice Fresh Fruit **Veggie Burger	Rotini Pasta Casserole Green Beans Fresh Fruit	Corn Polao, Rice & Beans Fresh Fruit	Red Bean, Cream Cheese, Cucumber Roll Up Carrot Sticks Fresh Fruit
P.M. Snack Water Served Choose two ½ cup milk ½ oz. protein ½ c. fruit or vegetable ½ slice bread	Apple Slices Cinnamon Vanilla Yogurt	Rice Cakes Fresh Fruit	Animal Crackers Milk	Tortilla Chips Bean Dip *Toddlers Crackers	Homemade Granola Bars Milk
2nd. P.M Snack Water Served Choose2 ½ cup milk ½ oz. meat or protein ½ cup fruit or veg. ½ slice bread	Graham Crackers Milk	Bagels Cream Cheese	Cheese Cubes Sliced Apples	Ritz Crackers Fresh Fruits	String Cheese Fresh Fruit

Whole milk served to children 12 months – 2.5 months
 1% Milk served to children 2.6 months – 12 years

****Vegetarian Option**

Organic items are used when available
 (A)= Source of Vitamin A
 (C)=Source of Vitamin C

Spring/Summer Menu Week 3

Date:	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6oz. Milk Served ½ cup fruit or veg. ½ slice bread or 1/3 cup dry cereal or ¼ cooked cereal	Homemade Blueberry Bran Muffins Fresh Fruit	Multi Grain Cheerios Fresh Fruit	Vanilla Yogurt Fresh Fruit	Scrambled Eggs Fresh Fruit WW Toast	Oatmeal Fresh Fruit
Lunch 6oz. Milk Served 1 1/2 oz. meat or protein ¼ fruit, ¼ vegetables ¼ cup grain	Healthy Mac n Cheese Salad Fresh Fruit	Teriyaki Chicken Brown Rice Peas and Carrots Fresh Fruit ** Veggie Burger	Egg Salad Sandwich Carrot Sticks Fresh Fruit	Chicken Enchiladas Corn Fresh Fruit **Cheese Enchiladas	Baked Fish Salad Fresh Fruit **Red Lentils and Rice
P.M. Snack Water Served Choose two ½ cup milk ½ oz. protein ½ c. fruit or vegetable ½ slice bread	Rice Cakes Fresh Fruit	String Cheese Fresh Fruit	Apple Slices Yogurt Dip	Baked Cheese Stick Fresh Fruit	Homemade Choc. Chip Cookie Milk
2nd. P.M Snack Water Served Choose2 ½ cup milk ½ oz. meat or protein ½ cup fruit or veg. ½ slice bread	Graham Crackers Milk	Chex Mix Fresh Fruit	Goldfish Crackers Fresh Fruit	Tortilla Chips and Bean Dip *Toddlers Crackers	Wheat Thins and Cheese Cubes

Whole milk served to children 12 months – 2.5 months
 1% Milk served to children 2.6 months – 12 years

****Vegetarian Option**

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Spring/Summer Menu Week 2

Date:	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6oz. Milk Served ½ cup fruit or veg. ½ slice bread or 1/3 cup dry cereal or ¼ cooked cereal	Baked French Toast Fresh Fruit	Life Cereal Fresh Fruit	Yogurt Fresh Fruit	Breakfast Burrito	Multigrain Hot Cereal Fresh Fruit
Lunch 6oz. Milk Served 1 1/2 oz. meat or protein ¼ fruit, ¼ vegetables ¼ cup grain	Pita Pizza Baby Carrots Fresh Fruit	Cholle & Rice Cucumbers Fresh Fruit	Spanish Rice and Beans Mixed Veggies Fresh Fruit	Turkey Noodles Peas and Carrots Fresh Fruit ** Red Lentils	Cheese Quesadillas, Beans Corn Fresh Fruit
P.M. Snack Water Served Choose two ½ cup milk ½ oz. protein ½ c. fruit or vegetable ½ slice bread	Trail Mix Fresh Fruit	Rice Cakes Oranges	Homemade Zucchini Bread Fresh Fruit	Chex Trail Mix Fresh Fruit	Strawberries Yogurt
2nd. P.M Snack Water Served Choose2 ½ cup milk ½ oz. meat or protein ½ cup fruit or veg. ½ slice bread	Multigrain Crackers, Cheese	String Cheese Fresh Fruit	Ritz Crackers Fresh Fruit	Animal Crackers Fresh Fruit	Apple Cinnamon Bread

Whole milk served to children 12 months – 2.5 months
 1% Milk served to children 2.6 months – 12 years

1% Milk served to children 2.6 months – 12 years

****Vegetarian Option**

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Spring/Summer Menu Week 4

Date:	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6oz. Milk Served ½ cup fruit or veg. ½ slice bread or 1/3 cup dry cereal or ¼ cooked cereal	Bagel Cream Cheese fresh Fruit	Homemade Banana Bread	Scrambled Fresh Fruit	Cream of Wheat Fresh Fruit	Multigrain Cheerios Fresh Fruit
Lunch 6oz. Milk Served 1 1/2 oz. meat or protein ¼ fruit, ¼ vegetables ¼ cup grain	Chicken Pasta Mixed Veggies WW Roll Pineapple ** Tofu	Pita Pizza Broccoli Fresh Fruit	Refried Bean Burrito Carrots Fresh Fruit	Sun Butter Sandwiches Corn Fresh Fruit	Red Rice Peas and Carrots Fresh Fruits
P.M. Snack Water Served Choose two ½ cup milk ½ oz. protein ½ c. fruit or vegetable ½ slice bread	Crackers Hummus	Bagel and Cream Cheese	Cinnamon Bread Milk	Apple Slices Yogurt Dip	Animal Crackers Orange Slices
2nd. P.M Snack Water Served Choose2 ½ cup milk ½ oz. meat or protein ½ cup fruit or veg. ½ slice bread	Tortilla Chips Salsa *Toddlers Crackers and Cheese	Wheat Thins Fresh Fruit	Sunflower Butter Apple Slices	Banana Bread with Cream Cheese	Ritz Crackers and Carrots

Whole milk served to children 12 months – 2.5 months

1% Milk served to children 2.6 months – 12 years

1% Milk served to children 2.6 months – 12 years

****Vegetarian Option**

Organic items are used when available

****Vegetarian Option**

(A)= Source of Vitamin A

Organic items are used when available

(C)= Source of Vitamin C

(A)= Source of Vitamin A

(C)=Source of Vitamin C