

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Multigrain Cheerios

Bananas

Milk

Blueberry Pancakes

Milk

Oatmeal

Strawberries

Milk

Whole Grain Bagel

WOW Butter

Milk

Trail Mix

Greek Yogurt

Milk

Lunch

Macaroni & Cheese

Broccoli

Clementines

Milk

Chicken Stir Fry with Vegetables and Brown Rice

Pears

Milk

*Tofu for vegetarian/vegan

Beef Taco Soup

Multigrain Tortilla Chips

Apples

Milk

*Black bean taco soup for vegetarian/vegan

Pan Roasted Fish

Carrots

Quinoa

Mangos

Milk

*Falafels for vegetarian/vegan

English Muffin Pizzas with Spinach and Mushrooms

Kiwi

Milk

Afternoon Snack

Cucumbers, Carrots

Hummus

Black Bean Dip

Pita

Cheese & Crackers

Fruit Smoothie

Oatmeal Cookies

Goldfish

Grapes

*water is offered throughout the day and at all meals

*Vegetarian children will have the protein substituted

*Dietary restrictions will be substituted

Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Cinnamon Raisin Toast

Apples

Milk

Mixed Berries

Greek Yogurt

Milk

Cottage Cheese Waffles

Milk

Whole Grain English Muffins

Cream Cheese

Milk

Rice Krispies

Raspberries

Milk

Lunch

Beef and Bean Chili

Whole grain Roll

Banana

Milk

*Bean & Vegetable Chili

Cheesy Chickpea Rice

Green Peas

Honey Dew

Milk

Pasta Bolognese with Ground Turkey

Carrots

Pears

Milk

*Lentil Bolognese

Scrambled Eggs with Peppers and Mushrooms

Cucumber

Clementines

Milk

*Scrambled Tofu

Chicken Tacos

Tomatoes and Green Onion

Tortillas

Mangos

Milk

*Black Bean Tacos

Afternoon Snack

Rice Cakes

WOW Butter

Homemade Banana Muffins

Animal Crackers

Cheese

Mini Pitas and Onion Dip

Pretzels

Oranges

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*Dietary restrictions will be substituted

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Oatmeal

Berries

Milk

Shreddies and Strawberries

Milk

Pancakes

Peaches

Milk

Yogurt Parfait

Milk

Banana Berry Smoothie
Whole Grain Toast
Milk
Lunch
Tuna Sandwich on Whole Wheat Bread
Cucumbers and Carrots with Dip
Cantaloupe
Milk
*Tofu Sandwich
Butternut Squash Soup
Mini Pitas
Bananas
Milk
Sloppy Joes
Whole Wheat Bun
Broccoli
Pineapple
Milk
*Lentil Sloppy Joes
Fish Sticks
Brown Rice
Green Peas
Pears
Milk
*Falafels
Chicken Quesadillas with Black Beans & Tomatoes
Honey Dew
Milk
*Black Bean Quesadillas
Afternoon Snack
Cheese, Grapes and Triscuits
Apples and Cottage Cheese
Zucchini Bread
Veggie Sticks, mini pretzels

Trail Mix

Apples

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*Dietary restrictions will be substituted

Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Oatmeal Squares

Peaches

Milk

French Toast

Bananas

Milk

Yogurt with Berries

Milk

Whole Wheat Bagel

Cream Cheese

Milk

Cinnamon Oatmeal Bars

Milk

Lunch

Spaghetti and Beef Meatballs in Tomato Sauce

Pears

Milk

*Falafel Balls

Grilled Chicken

Broccoli

Brown Rice

Pineapple

Milk

*BBQ Lentils

Black Bean Burgers

Fries

Cucumbers and Peppers with Dip

Cantaloupe

Milk

Oven Baked Fish

Carrots

Couscous

Oranges

Milk

*Baked Tofu

Tomato Soup with Grilled Cheese Sandwich

Bananas

Milk

Afternoon Snack

Clementines

Cheese

Strawberries and Yogurt Dip

Mini Pitas and Tzatziki Sauce

Blueberry Cottage Cheese Muffins

Animal Crackers

Apples

*Water is offered throughout the day and at meals

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*Dietary restrictions will be substituted