

MENU ITEMS

Vegetables & Fruits Served:

Broccoli, Edamame, Green Beans
Tofu, Spinach, Potatoes
Tomatoes, Corn, Green Peas
Cucumber, Celery, Carrots
Watermelon, Honeydew, Cantalope
Apples, Bananas, Clementines
Seasonally Available Fruits

Meats Served:

Lean Ground Beef
Lean Beef Cubes
Fresh Chicken Breast
Halal Lean Ground Beef
Halal Lean Beef Cubes
Halal Chicken Breast

Baked Goods Served:

Homemade Cranberry Scones
Homemade Cheddar Corn Muffins
Homemade Cranberry Oatmeal Banana Muffins
Homemade Garlic Bread
Homemade Pita Chips
Homemade Dinner Rolls
Homemade Cinnamon Toast Sticks



MENU WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A M | Tod: Kix Cereal Pres: Multigrain Cereal Fresh Fruit Milk | Whole Wheat Bagels w/ Light Cream Cheese Fresh Fruit Milk | Seasonal Fruit Smoothie Whole Wheat Waffles Milk | Whole Wheat Toast w/ Jam Fresh Fruit Milk | Homemade Cinnamon Toast Sticks w/ Plain Yogurt Fresh Fruit Milk |
| L U N C H | Whole Wheat Macaroni w/ Low Fat Cheese Sauce ★ Vegetable Sticks w/ Hummus Dip ★ Fresh Fruit Milk | Shepherds's Pie w/ Lean Ground Beef & Mixed Vegetables ★ w/ Mixed Vegetables & Red Lentils Whole Wheat Dinner Rolls Fresh Fruit Milk | Whole Wheat Teriyaki Noodle's w/ Chicken Breast & Mixed Vegetables w/ Tofu & Mixed Vegetables w/ Halal Chicken Breast & Mixed Vegetables Fresh Fruit Milk | Homemade Gravy w/ Lean Ground Beef Meatballs w/ Vegetarian Meatballs w/ Halal Meatballs Rice Cucumber Salad Fresh Fruit Milk | Soup w/ Chicken Breast & Pinto Beans w/ Pinto Beans w/ Halal Chicken Breast & Pinto Beans Vegetable Sandwiches on Whole Wheat Fresh Fruit Milk |
| P M | Homemade Cheddar Corn Muffins Fresh Fruit Filtered Water | Canadian Yogurt w/ Apple Wedges Filtered Water | Whole Wheat Pita Chips w/ Homemade Spinach Dip Fresh Fruit Filtered Water | Homemade Toasted Oats Granola Bars w/ Dried Fruits Filtered Water | Cranberry Oatmeal Cookies Filtered Water |
| LATE PM | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water |

Regular Meal, Vegetarian Meal, Halal Meal

TOD (15m-2yrs): 3.25% Milk, PRES: 2% Milk



MENU WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| A M | Whole Wheat Tortilla Banana Wrap w/ Yogurt and Jam Spread Milk | Whole Wheat Bagels w/ Light Cream Cheese Fresh Fruit Milk | Tod: Kix Cereal Pres: Multigrain Cereal Fresh Fruit Milk | Whole Wheat English Muffin Apple Crunch Fresh Fruit Milk | Baked Maple Apple Pancakes Milk |
| L U N C H | Whole Wheat Spaghetti w/ Tomato Meat Sauce w/ Tomato Red Lentil Sauce ★ Celery Sticks & Cucumber Slices Fresh Fruit Milk | Homemade Baked Beans in Tomato Sauce Homemade Whole Wheat Garlic Bread Red & Yellow Pepper Relish Fresh Fruit Milk | Stew w/ Lean Beef Cubes & Potato Carrot Mix w/ Sauted Tofu Cubes & Potato Carrot Mix ★ Homemade Whole Wheat Buns Fresh Fruit Milk | Parmesan Whole Wheat Penne Pasta w/ Chicken Breast & Red/ Yellow Peppers w/ Edamame, Red & Yellow Peppers w/ Halal Chicken Breast & Red/ Yellow Peppers Fresh Fruit Milk | Tomato Soup Chicken Salad Sandwiches Cucumber Sandwiches w/ Homemade Chick Pea Red Pepper Spread ★ Fresh Fruit Milk |
| P M | Fruit Salad Low Fat Cheese Cubes Filtered Water | Whole Wheat Pita Chips w/ Hummus Dip Fresh Fruit Filtered Water | Bread Sticks w/ Low Fat Cheese Cubes Fresh Fruit Filtered Water | Assorted Vegetables w/ Homemade Spinach Dip Filtered Water | Cinnamon Cookies Fresh Fruit Filtered Water |
| LATE PM | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water |

TOD (15m-2yrs): 3.25% Milk, PRES: 2% Milk



MENU WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| A M | Tod: Kic Cereal Pres: Multigrain Cereal Fresh Fruit Milk | Breakfast Burrito Fresh Fruit Milk | Flying Saucer Banana Muffin Milk | Tutti-Fruity Muesli Milk | Whole Wheat Toast w/ Jam Fresh Fruit Milk |
| L U N C H | Whole Wheat Parmesan Rotini Pasta w/ Artichokes, Spinach, Red/Yellow Peppers & Edamame Fresh Fruit Milk | Homemade Nuggets w/ Breaded Chicken Breast w/ Breaded Tofu w/ Halal Chicken Breast Mashed Potato's Tossed Salad Fresh Fruit Milk | Mushroom Sauce w/ Chicken Breast w/ Tofu Mushroom Sauce w/ Halal Chicken Breast Rice Steamed Mixed Vegetables Fresh Fruit Milk | Whole Wheat Penne Pasta w/ Roasted Vegetables & Edamame Fresh Fruit Milk | Whole Wheat Fajitas w/ Lean Beef Strips w/ Mixed Beans Salsa Light Lime Sour Cream Shredded Cheese Fresh Fruit Milk |
| P M | Low Fat Yogurt Parfait w/ Mixed Berries Filtered Water | Crunchy Banana Boat w/ dried fruits Filtered Water | Wrapped Pita w/ Ham & Lettuce w/ Low Fat Cheese & Lettuce Filtered Water | Homemade Mini Cheese Pizza Fresh Fruit Milk | Kids Sundae Vanilla Yogurt w/ mixed Fruit & Gram Crackers Filtered Water |
| LATE PM | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water |

Regular Meal, Vegetarian Meal, Halal Meal

TOD (15m-2yrs): 3.25% Milk, PRES: 2% Milk



MENU WEEK 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| A M | Bircher Muesli Oats w/ Apples & Bananas Milk | Whole Wheat English Muffin w/ Light Cream Cheese Fresh Fruit Milk | Tod: Kix Cereal Pres: Multigrain Cereal Fresh Fruit Milk | Homemade Cranberry Scones Fresh Fruit Milk | Tropical Breakfast Couscous Milk |
| L U N C H | Mixed Vegetable Spaghetti w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Fresh Fruit Milk | Vegetable Bean Chilli w/ Lean Ground Beef w/ Kidney Beans Rice Fresh Fruit Milk | Greek Chicken w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Mixed Vegetables Whole Wheat Pita Bread Fresh Fruit Milk | Pasta Bake w/ Lean Ground Beef & Mixed Vegetables w/ Edamame & Vegetables Fresh Fruit Milk | Corn Chowder w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Homemade Whole Wheat Dinner Rolls Fresh Fruit Milk |
| P M | Zucchini Loaf Fresh Fruit Filtered Water | Pres: Carrot Rolls Tod: Cucumber Sticks Yogurt Filtered Water | Homemade Creamy Herb Dip w/ Assorted Vegetables & Fruit Filtered Water | Icy Yogurt Pops (pureed fruits) Filtered Water | Strawberry Apple Salas w/ Cinnamon Crisps Filtered Water |
| LATE PM | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water | Fresh Fruit Filtered Water |

Regular Meal, Vegetarian Meal, Halal Meal

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ALTERNATE MENU

| | MONDAY July 20 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY July 24 |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------|----------|---------------------------------------------------------|
| A M | Tod: Kic Cereal Pres: Multigrain Cereal Fresh Fruit Milk | | | | French Toast Fresh Fruit Milk |
| L U N C H | Whole Wheat Spaghetti w/ Tomato Meat Sauce w/ cheese w/ halal lean ground beef Celery Sticks & Cucumber Slices Fresh Fruit Milk | | | | Tomato Soup Cheese Sandwiches Fresh Fruit Milk |
| P M | Fruit Salad Low Fat Cheese Cubes Filtered Water | | | | Pita Chips w/ Ranch Dip Filtered Water |
| LATE PM | Fresh Fruit Filtered Water | | | | Fresh Fruit Filtered Water |

Regular Meal, Vegetarian Meal, Halal Meal

TOD (15m-2yrs): 3.25% Milk, PRES: 2% Milk



INDIVIDUAL MENU

Child Name: _____ Week: _____

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--------|---------|-----------|----------|--------|
| A M | | | | | |
| L U N C H | | | | | |
| P M | | | | | |
| LATE PM | | | | | |

Regular Meal, Vegetarian Meal, Halal Meal

TOD (15m-2yrs): 3.25% Milk, PRES: 2% Milk

