

# MENU ITEMS

## Vegetables & Fruits Served:

Broccoli, Edamame, Green Beans  
Tofu, Spinach, Potatoes  
Tomatoes, Corn, Green Peas  
Cucumber, Celery, Carrots  
Watermelon, Honeydew, Cantaloupe  
Apples, Bananas, Clementine's  
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 Scorns  
Homemade Assorted Muffins  
Homemade Pita Chips  
Homemade Dinner Rolls  
Homemade Cinnamon Toast Sticks  
Tortillas, Bread Sticks, Pizza Dough  
Crepes, Pancakes, French Toast



# 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 Muffins 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 Pasta Primavera w/ seasonal vegetables & tofu Fresh Fruit Milk ★                      ★	Meat Loaf w/ Lean Ground Beef & Shredded Carrots w/ Shredded Carrots & Red Lentils w/ Lean Ground Beef & Shredded Carrots Whole Wheat Dinner Rolls Fresh Fruit Milk	Whole Wheat Sweet & Sour Rice w/ Chicken Breast & Seasonal Vegetables w/ Tofu & Seasonal Vegetables w/ Halal Chicken Breast & Seasonal Vegetables Fresh Fruit Milk	Italian Meatball Sub w/ Lean Ground Beef w/ Vegetarian Meatballs w/ Halal Lean Ground Beef Spinach Strawberry Salad Sub Buns Fresh Fruit Milk	Shawarma w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Shredded Lettuce Whole Wheat Pita Pocket Fresh Fruit Milk
P M	Cucumber Slices w/ Cream Cheese Fresh Fruit Filtered Water	Canadian Yogurt w/ Apple Wedges Filtered Water	Granola w/ Oats and Dried Cranberries Fresh Fruit Filtered Water	Whole Wheat Pita Chips w/ Cheese Cubes  Filtered Water	Orange 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	Tod: Kix Cereal Pres: Multigrain Cereal Fresh Fruit Milk	Whole Wheat Bagels w/ Cream Cheese Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Whole Wheat English Muffins w/ Cream Cheese Fresh Fruit Milk	Baked Maple Apple Pancakes Fresh Fruit Milk
L U N C H	Mixed Vegetables w/ Edamame Pasta Bake Fresh Fruit Milk	Homemade Baked Beans in Tomato Sauce Homemade Garlic Rolls Fresh Fruit Milk	Sloppy Joes w/ Lean Ground Beef w/ Brown Lentils w/ Halal Lean Ground Beef Mixed Green Salad Mashed Potatoes Fresh Fruit Milk	Spanish Rice w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Red & Yellow Peppers, Carrots, Zucchini, Tomatoes & Mushrooms White Rice Fresh Fruit Milk	Pizza w/ Lean Ground Beef w/ Tofu w/ Halal Lean Ground Beef Mushrooms, Red & Yellow Peppers Homemade Pizza Dough Fresh Fruit Milk
P M	Seasonal Fruit Salad Filtered Water	Whole Wheat Pita Chips w/ Hummus Dip Fresh Fruit Filtered Water	Homemade Bread Sticks w/ Cheese Cubes Fresh Fruit Filtered Water	Vanilla Yogurt w/ Fresh Strawberries 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



Regular Meal, Vegetarian Meal, Halal Meal

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

# MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A M	Tod: Kix Cereal Pres: Multigrain Cereal Fresh Fruit Milk	Cheddar Cheese Whole Wheat Toast Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Tuti-Fruity Muesli w/ Dried Fruits Fresh Fruit Milk	Homemade French Toast w/ Maple Syrup Fresh Fruit Milk
L U N C H	Teriyaki Noddle's Stir-fry Seasonal Vegetables w/ Penne Pasta, Edamame Fresh Fruit Milk	Barbeque Pulled Chicken Sandwiches w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Onion & Cucumber Salad Whole Wheat Burger Buns Fresh Fruit Milk	Taco Rice w/ Lean Ground Beef w/ Tofu w/ Halal Lean Ground Beef White Rice Seasonal Vegetables Fresh Fruit Milk	Fajitas w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Red & Yellow Peppers & Onions Mango Salsa Whole Wheat Tortillas Fresh Fruit Milk	Sliders w/ Lean Ground Beef w/ Vegetarian Meatballs w/ Halal Lean Ground Beef Tossed Salad Hamburger Buns Fresh Fruit Milk
P M	Homemade Zucchini Loaf Fresh Fruit Filtered Water	Banana Boat Crunch Filtered Water	Cheese Quesadillas Fresh Fruit Filtered Water	Fruit Pizza Homemade Pizza Dough Seasonal Fruits Filtered Water	Sundae Vanilla Yogurt, Gram Crackers, 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

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	Tod: Kix Cereal Pres: Multigrain Cereal Fresh Fruit Milk	Whole Wheat English Muffins w/ Cream Cheese Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Whole Wheat Bagel w/ Cream Cheese Fresh Fruit Milk	Homemade Pancakes w/ Maple Syrup Fresh Fruit Milk
L U N C H	Spaghetti w/ Tofu Broccoli, Green Peas, Corn Whole Wheat Fresh Fruit Milk	Casserole w/ Lean Ground Beef w/ Red Lentis w/ Lean Ground Beef Red & Green Cabbage Rice Fresh Fruit Milk	Hearty Chicken Salad w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Seasonal Vegetables Whole Wheat Pita Bread Fresh Fruit Milk	Pasta Bake w/ Lean Ground Beef w/ Vegetarian Meatballs w/ Halal Lean Ground Beef Tomato Sauce Carrot & Cranberry Salad Fresh Fruit Milk	Couscous w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Sautéed Apples, Pears, Peaches w/ Couscous Fresh Fruit Milk
P M	Yogurt Parfait Fresh Fruit Filtered Water	Cucumber Slices w/ Cream Cheese Fresh Fruits Filtered Water	Icy Yogurt Ice Pops Fresh Fruit Filtered Water	Homemade Banana Bread Fresh Fruit Filtered Water	Cinnamon Tortilla Rolls 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

Regular Meal, Vegetarian Meal, Halal Meal

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

