

2019/2020 WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Cantaloupe Milk	WG Waffles & syrup Clementine Milk	Cinnamon Oatmeal Honeydew Mellon Milk	WW Bagel with Butter Blueberries Milk	Scramble Eggs with Spinach WG Toast Milk
Lunch	Chick Pea Chowder with California Mixed Vegetables (Cauliflower, Carrots, Broccoli) Brown Rice Milk Apples	Turkey Chilli with Kidney Beans, Onions, Mushroom, Corn Whole wheat bread Yellow & Green Peppers Milk Pears	Texas Chicken Casserole With Squash WW Fusilli Pasta Coleslaw (Red & Green cabbage) Banana Milk	Jamaican Stew Beef With Parsnips & Carrots Brown Rice Broccoli Whole wheat bread Milk Oranges	Tuna Casserole with Carrots & Peas Noodles Tomato & Cucumber Salad Cantaloupe Milk
Lunch Alternatives	Soy protein ground Tomato Sauce Soy Milk	Soy Veggie Burgers Golf & Sweet Potato Salad Soy Milk	WW Macaroni with Lentil Tomato Sauce Soy Milk	Soy protein ground Brown Rice and Carrots and Broccoli Soy Milk	Soy Protein Ground & Noodles Soy Milk
PM Snack	Sliced Turkey Breast or (veggie Deli slice) Cheddar Cheese Low sodium Triscuits Oranges	WOW butter sandwich on WW bread Cucumber slices	Cheddar Cheese WG Crackers and Pears Slices	Plain Yogurt Bananas and WW bread sticks	Homemade WW Carrot Loaf Apples Cheese
PM Late Snack	Fish Crackers	Melon	Cucumber slices	Watermelon	Peppers

We offer 2 to 2 ½ servings of (100-120grms) fruits and vegetables daily for each child and 1-2 (8 oz) servings of Milk 2% for Preschool children 3.5% for Infant & Toddlers
Water is available to all children at all meals and snacks. When possible we use low fat yogurt, low fat cheddar cheese.

Mixed veggies include – broccoli, cauliflower and carrot or corn, green beans peas and

WW = Whole Wheat WG = Whole Grain MG = Multigrain

2019/2020 WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Chex Cereal Green Pears Milk	Cantaloupe & WW Baked English Muffin Cinnamon butter Milk	Oatmeal Blueberry Milk	MG Toast with Butter Pears Milk	WG Waffles Honeydew melon Milk
Lunch	Red Lentils with Onions, Celery & Carrots Whole Wheat Crackers Green Beans Honeydew Melon Milk	WW Spaghetti with Turkey Meatsauce Sauce with Spinach Carrots Milk Apples	Baked Basa Fish With veggies Onions, Celery, Tomato Brown Rice Peas Banana Slices Milk	Beef Veggies Soup and Pearl Barley WW bread Baked Squash and Butter Oranges Milk	Greek Chicken Youvetsi (Orzo pasta and Tomato Sauce) Whole Wheat Bread Green beans Milk, Watermelon
Lunch Alternatives	Soy based Veggie Dog Soup Soy Milk	WW Pasta with Veggie Ground Round and Tomato Sauce Soy Milk	Soy burger And Rice Soy Milk	Soy Protein Veggie Ground Soup with Barley Soy Milk	Tofu in Tomato Sauce & Orzo pasta Soy Milk
PM Snack	WW Mini Pitas with Tuna Salad Clementine's	Cheddar Cheese Cubes WW Crackers Strawberries	Cottage Cheese Graham Crackers Cantaloupe	WW Tortilla, Chicken slices & Applesauce	WW Homemade Carrot Loaf, Banana Cheddar Cheese Slices
Late Snack	Cucumbers	Orange Slices	Gold Fish Crackers	Bananas	Apple Slices

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2019/2020 WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios and Cantaloupe Milk	WW Grilled Toast Cheese Honeydew melon Milk	Croissants Oranges Milk	Blueberries WW Bagel&butter Milk	WW Toasted English muffin with butter Cucumber Slices Milk
Lunch	Split Pea Soup (Celery, Onions, Carrots) Whole Wheat Crackers California Vegg (Broccoli, Cauliflower, Carrots) Milk Apples	Lean Beef & Black Bean Taco (Spinach, Tomatoes, Sour Cream & Cheddar Cheese) Whole Wheat Wraps Couscous for Infants Green Peppers Milk Oranges	Whole Wheat Macaroni and cheese with chicken breast Boiled Broccoli Milk Pears	Homemade Baked Basa Fish (veggies- onion, celery and tomato) Brown Rice Green Yellow & Red Pepper Whole Wheat Bread Milk Cantaloupe	Lasagne with ground Turkey, Spinach & Veggies, Mozzarella & Ricotta Cheese carrots sticks Milk Watermelon
Lunch Alternative	Tofu Soup with Brown Rice Soy Milk	Soy based ground Veggie Tacos Soy Milk	Whole Wheat Pasta Baked Veggie Nugget Soy Milk	Soy based Veggie burger Soy Milk	WW Pasta with Cheese and tomato Sauce, 3 bean salad Soy Milk
PM Snack	Mini Pitas with Roast Chicken Slices Cheddar Cheese	Greek Yogurt Rice Krispies Cereal Mixed Berries	WW Pita Cottage cheese Bananas	WW English Muffins Mini Pizza with Cheese & Tomato Sauce Sliced Tomatoes	WW Homemade Zucchini Bread Cheddar Cheese Bananas
PM Late Snack	Pears	Fish Crackers	Oranges	Bananas	Trail mix W W cheerios, Raisins Cranberries Shreddies cereal

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2019/2020 WEEK FOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Cantaloupe WG Chex Cereal Milk	Melon Cubes WW English Muffin Grilled Cheese Milk	Toasted MG Bread Scrambled Eggs Cucumber Slices Milk	Grilled WW Toast with Cheese Oranges Milk	WG Waffels with Mixed Berries Milk
Lunch	Brown Lentils with onion, carrots, cellery Green/Red Pepper, Onion Cauliflower WW crackers Oranges Milk	Lean Beef Meat sauce with Whole Wheat Pasta Peas & Carrots Pears Milk	Lemon Chicken And Brown Rice\$ Peas WW Dinner Rolls Romaine Lettuce, Tomatoes salad Bananas Milk	Turkey Meatloaf with zucchini \$ Mushrooms and Gold & Sweet Potato Salad Yellow/Green peppers WW Bread Milk Apples	Cheese/Potato Perogies Sour cream Three bean salad WG bread Green Peppers Milk Honeydew Melon
Lunch Alternatives	Lunch is vegetarian Soy Milk	Whole Wheat Pasta with Veggie Ground Tomato Sauce Soy Milk	Soy based Veggie Burger Rice Soy Milk	Veggie Loaf Gold & Sweet Potato W G Bread Yellow/Green peppers Soy Milk Apples	Perogies Sour Cream Three bean salad Soy Milk
PM Snack	WW Mini Pitas Turkey slices Apple	Hummus Dip Tomatoes, Orange peppers WG Crackers	Tuna Salad Rice Cakes Clementines	Cheddar Cheese Cubes WW Crackers Banana	WW Homemade Orange Loaf Cheese slice Pears
PM Late Snack	Pears	Gold Fish Crackers	Watermelon	Cucumber Slices	Bananas

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