

2022 WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Cantaloupe Milk	WG Waffles & syrup Clementines Milk	Apple & Cinnamon Oatmeal Milk	WW Bagel with Butter Blueberries Milk	Scramble Eggs with Spinach WG Toast Milk
AM Snack Alternative		Toast w/ Cheese or Turkey			Oatmeal
Lunch	Chick Pea Chowder & California Mixed Vegetables (Cauliflower, Carrots, Broccoli) Brown Rice Milk Apples	Turkey Chilli with Kidney Beans, Onions, Mushroom Polenta WW Tortilla Orange Peppers Milk Pears	Chicken Noodle Soup Carrots, celery, onion Squash WW pasta WW crackers Honeydew Melon Milk	Jamaican Stew Beef With Parsnips & Carrots Brown Rice Green Beans WW bread Milk Oranges	Tuna Casserole with Carrots & Peas Egg Noodles Tomato & Cucumber Salad Cantaloupe Milk
Spencer Lunch Alternatives	Chicken with cooked pepper, Cauliflower, Carrots, Broccoli, Brown Rice, Milk, Apples slices	Meatloaf with Polenta WW Tortilla Orange Peppers Milk Pears	Chicken soup w/ noodles, carrots, celery, onion WW crackers Honeydew Milk	Jamaican Stew Beef With Parsnips & Carrots, Brown Rice Peppers, Oranges Milk	Chicken in tomato, carrots, celery, onion sauce, pasta, Sliced Tomato & Cucumber Cantaloupe Milk
Vegetarian Lunch Alternatives	N/A	Bean Chilli w/ onions and mushrooms Polenta, WW Tortilla Orange Peppers, Pears	Red Lentils with Onions, celery & carrots WW crackers Honeydew Melon	Ground soy with sautéed vegetables Brown Rice, Peppers Oranges	Macaroni in a cheesy tomato sauce w vegetables Sliced Tomato & Cucumber Cantaloupe
Gluten/dairy-free Lunch Alternatives	N/A	Bean Chilli w/ onions and mushrooms Polenta, WW Tortilla Orange Peppers, Pears	Red Lentils with Onions, celery & carrots WW crackers Honeydew Melon	N/A	Chicken in tomato, carrots, celery, onion sauce, Gluten free pasta, Sliced Tomato & Cucumber Cantaloupe
PM Snack	Sliced Turkey Breast Cheddar Cheese Low sodium Triscuits Oranges	WOW butter sandwich on WW bread Cucumbers	Cheddar Cheese WG Crackers and Pear slices	Plain Yogurt Bananas and WW bread sticks	Homemade WW Carrot Loaf Apples Cheese
PM Snack Alternative			butter WW bread Pears Slices		
Late Snack	Fish Crackers	Melon	Apples	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

2022 WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Chex Cereal Banana Slices Milk	WW Baked English Muffin Cinnamon Butter Cantaloupe Milk	Oatmeal Blueberry Milk	MG Toast with wow butter Pears Milk	WG Pancakes Honeydew Melon Milk
AM Snack Alternative					
Lunch	Red Lentils with Onions, celery & carrots WW Crackers Green Beans Honeydew Melon Milk	Chicken Alfredo on WW Pasta Broccoli Green peppers Apples Milk	(Moqueca) Brazilian Fish Stew (Veggies- Onion, Green Peppers and tomato) Brown Rice Orange peppers Whole Wheat Bread Milk Cantaloupe	Beef Veggie Soup with Pearl Barley WW Bread Baked Squash Green Pears Milk	Shepherd's Pie W ground turkey, potatoes Peas, Corn, Carrots, Watermelon Milk
Spencer Lunch Alternatives	Jamaican Stew Beef With Parsnips & Carrots, Brown Rice Peppers Milk Oranges	Chicken Alfredo on WW Pasta Broccoli Apples Milk	Chicken in tomato, carrots, celery, onion sauce Brown Rice Cucumber slices Oranges Milk	Turkey Meat sauce Spinach, Carrots with Brown Rice Baked Squash Green Pears Milk	Shepherd's Pie W ground turkey, potatoes Corn, Carrots, Watermelon Milk
Vegetarian Lunch Alternatives	N/A	Bolognese W veggies and soy protein	Mixed Veggies with Brown Rice	Ground veggie & mushroom soup with barley	Tofu with mixed veggies in tomato sauce & Orzo Pasta
Gluten/dairy-free Lunch Alternatives	N/A	Chicken with Gluten free pasta	N/A	N/A	Gluten free Spaghetti With Turkey Meat sauce
PM Snack	WW croissant Chicken slices Clementines	Cheddar Cheese Cubes Rice Crackers Strawberries	Cottage Cheese Graham Crackers Cantaloupe	WW Tortilla with Hummus Cucumber Slices	WW Homemade Carrot Loaf Cheddar Cheese Bananas
PM Snack Alternative	Crackers			WW Tortilla with Cucumber Slices	
Late Snack	Cucumbers	Orange Slices	Bananas	Goldfish Crackers	Apple Slices

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**2022 WEEK THREE MENU**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios and Cantaloupe Milk	WW Grilled Toast Cheese Bananas Milk	WW Crackers with Guacamole Milk	Blueberries Mini Wheats Cereal Milk	WW Bagel with butter Bananas Milk
AM Snack Alternative					
Lunch	Veggie Minestrone Soup Turkey & cheese sandwiches on WW bread Cucumber Slices Milk, Apples	Beef & Black Bean Taco (Spinach, Tomatoes, Sour Cream & Cheddar Cheese) Whole Wheat Wraps Couscous Green Peppers Milk, Oranges	Whole Wheat Macaroni and cheese with chicken breast Boiled Broccoli Milk Pears	Baked Breaded white fish, potato wedges Green Coleslaw Whole Wheat Bread Milk Cantaloupe	Lasagne with ground Turkey, Spinach & Veggies, Mozzarella & Ricotta Cheese carrots sticks Milk Watermelon
Spencer Lunch Alternatives	Chicken soup With noodle carrots, celery, onion WW bread Cucumber Slices Milk, Apples	Jamaican Stew Beef With Parsnips & WW Couscous, Green Peppers Milk, Oranges	Whole Wheat Macaroni and cheese with chicken breast Boiled Broccoli Milk Pears	Beef Meatloaf with Green Peppers and tomato) Brown Rice Orange peppers Whole Wheat Bread Milk Cantaloupe	Lasagne with ground Turkey, Spinach & Veggies, Mozzarella & Ricotta Cheese carrot sticks Milk Watermelon
Vegetarian Lunch Alternatives	Cheese Sandwiches	Black bean veggie tacos	Whole wheat cheesy pasta	Soy based veggie burger	Veggie lasagna with mushrooms and spinach
Gluten/dairy-free Lunch Alternatives	Gluten free pasta in a tomato veggie sauce	N/A	Gluten free pasta with chicken	N/A	Gluten free pasta with chicken
PM Snack	Mini Pitas with Roast Chicken Slices Cheddar Cheese	Greek Yogurt Rice Krispies Mixed Berries	WW Pita Cottage cheese Raspberries	WW English Muffins Mini Pizza with Cheese & Tomato Sauce Cucumber	WW Homemade Zucchini Bread Cheddar Cheese Strawberries
PM Snack Alternative			Cinnamon Butter on WW bread Pears Slices		
Late Snack	Pears	Cucumber	Oranges	Bananas	Trail mix Whole wheat cheerios Raisins Cranberries Shreddies cereal

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2022 WEEK FOUR MENU

Mixed veggies include – broccoli, cauliflower and carrot <b>or</b> corn, green beans peas and			WW = Whole Wheat    WG = Whole Grain    MG = Multigrain		
AM Snack	Cantaloupe WG Chex Cereal Milk	Melon Cubes WW English Muffin Grilled Cheese Milk	Corn Flakes Cereal Oranges Milk	Toasted MG Bread Scrambled Eggs Cucumber Slices Milk	WG Pancakes with Mixed Berries Milk
AM Snack Alternative				Oatmeal	
Lunch	Brown Lentils (Onions, Celery and Carrots) Whole Wheat Crackers Red Peppers Oranges Milk	Turkey Meat sauce with Whole Wheat Pasta Peas & Carrots Pears Milk	Lemon Chicken Gold & Sweet Potato WW Dinner Rolls Romaine Lettuce, Tomato salad Cantaloupe Milk	Beef Meatloaf with Shredded Zucchini and mushroom Rice WG Bread Broccoli Milk Honeydew Melon	Cheese/Potato Perogies/ sour cream & three bean salad WG bread Green Peppers Milk Apples
Spencer Lunch Alternatives	Chicken with cooked pepper, Carrots, Brown Rice, Red Peppers Oranges Milk	Turkey Meat sauce with Whole Wheat Pasta Carrots, Pears, Milk	Lemon Chicken Gold & Sweet Potato WW Dinner Rolls Romaine Lettuce, Tomato salad Cantaloupe Milk	Beef Meatloaf with Shredded Zucchini and mushroom Rice WG Bread Broccoli Milk Honeydew Melon	Cheese Potato Perogies, sour cream WG bread Green Peppers Milk Apples
Vegetarian Lunch Alternatives	N/A	Soy based veggie ground in tomato sauce	Soy based veggie burger	Veggie loaf w soy protein	N/A
Gluten/dairy-free Lunch Alternatives	N/A	Gluten free pasta	N/A	Turkey Meat sauce mixed veggies	Gluten free pasta with chicken
PM Snack	Grilled WW Toast with Cheese Turkey slices Apple Sauce	Hummus Dip Tomatoes, WW Crackers Orange peppers	Cheddar Cheese Cubes WW Croissant Cucumber Slices	Tuna Salad Rice Cakes Pears	WW Homemade Orange Loaf Cheese slice Bananas
PM Snack Alternative		Tomatoes, WW Crackers Orange peppers		Cheese Rice Cakes Pears	
Late Snack	Apples	Gold Fish Crackers	Watermelon	Clementines	peppers

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