

# MENU ITEMS

## Vegetables & Fruits Served:

Broccoli, Edamame, Green Beans  
Tofu, Spinach, Potatoes  
Tomatoes, Corn, Green Peas  
Cucumber, Celery, Carrots  
Watermelon, Honeydew, Cantaloupe  
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 Scorns  
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	Multigrain Cereal (Cheerios) Fresh Fruit Milk	Whole Wheat Bagels w/ Margarine Fresh Fruit Milk	Seasonal Fruit Muffins Fresh Fruit Milk	Whole Wheat Toast w/ Jam Fresh Fruit Milk	Pancakes w/ Maple Syrup Fresh Fruit Milk
L U N C H	Whole Wheat Macaroni w/ Seasonal Vegetables & Lentils Fresh Fruit ★ Milk ★	Turkish Kebab w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Shredded Cabbage & Carrots Pita Pockets Fresh Fruit Milk	Couscous w/ Tofu, Roasted Peppers and ★ Zuchini ★ Fresh Fruit Milk	Meatballs w/ Lean Ground Beef w/ Vegetarian Meatballs w/ Halal Ground Beef Rice Cucumber Salad Fresh Fruit Milk	Soup w/ Chicken Breast, Pinto Beans, Celery and Spinach w/ Pinto Beans w/ Halal Chicken Breast Whole Wheat Dinner Rolls Fresh Fruit Milk
P M	Cucumber Slices w/ Cheese Slices & Pita Bread Fresh Fruit Filtered Water	Canadian Yogurt w/ Apple Wedges Filtered Water	Whole Wheat Pita w/ Cheese Cubes Fresh Fruit Filtered Water	Homemade Granola Bars Fresh Fruit Filtered Water	Apple Slice w/ Cheese Cubes 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	Multigrain Cereal (Cheerios) Fresh Fruit Milk	Whole Wheat Bagels w/ Light Margarine Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Whole Wheat English Muffins w/ Margarine Fresh Fruit Milk	Baked Maple Apple Pancakes Milk
L U N C H	Whole Wheat Pasta w/ Seasonal Vegetable & Tofu Fresh Fruit Milk	Coconut Chicken Curry w/ Rice and Steamed Broccoli w/ Chicken Breast w/ Sautéed Tofu w/ Halal Chicken Breast Rice Fresh Fruit Milk	Pasta w/ Seasonal Vegetables & Tofu Fresh Fruit Milk	Enchiladas w/ Lean Ground Beef w/ Red Lentils w/ Lean Ground Halal Beef Tortilla's, Sour Cream & Steamed Broccoli Fresh Fruit Milk	Lentil Soup w/ Carrots, Celery and Potatoes Whole Wheat Dinner Rolls Fresh Fruit Milk
P M	Fruit Salad Cheese Cubes Filtered Water	Homemade Mini Cheese Pizza Fresh Fruit Filtered Water	English Muffins w/ Tomato Slices & Cheese Slices Fresh Fruit Filtered Water	Banana Tortilla Wraps Filtered Water	Yogurt w/ Strawberries Filtered Water
LATE PM	Fresh Fruit Filtered Water	Fresh Fruit Filtered Water	Fresh Fruit Filtered Water	Fresh Fruit Filtered Water	Fresh Fruit Filtered Water

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# MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A M	Multigrain Cereal (Cheerios) Fresh Fruit Milk	Whole Wheat Bagels w/ Light Margarine Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Whole Wheat Toast w/ Jam Fresh Fruit Milk	Oatmeal Squares Fresh Fruit Milk
L U N C H	Whole Wheat Parmesan Rotini Pasta w/ Artichokes, Spinach, Red/Yellow Peppers & Tofu ★ Fresh Fruit ★ Milk	Mushroom Chicken w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Rice Steamed Broccoli Fresh Fruit Milk	★ Bean Pasta w/ Seasonal Vegetables & Tofu ★ Fresh Fruit ★ Milk	Taco Wraps w/ Ground Beef w/ Tofu w/ Halal Ground Beef Tortillas Homemade Salsa Shredded Lettuce Fresh Fruit Milk	Chicken Noodle Soup w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Fresh Fruit Dinner Rolls Milk
P M	Yogurt Parfait w/ Mixed Berries Filtered Water	Homemade Banana Bread Fresh Fruits Filtered Water	Whole Wheat Pita Chips w/ Hummus Dip Fresh Fruit Filtered Water	Fruit Pizza Filtered Water	Cinnamon Crisps 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

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# MENU WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A M	Multigrain Cereal (Cheerios) Fresh Fruit Milk	Whole Wheat Bagels w/ Light Margarine Fresh Fruit Milk	Seasonal Fruit Muffins Fresh Fruit Milk	Whole Wheat English Muffin w/ Margarine Fresh Fruit Milk	Baked Spinach Omelet Fresh Fruit Milk
L U N C H	Pasta Bake Mixed Vegetable w/ Tofu ★ Fresh Fruit ★ Milk	Gyros w/ Lean Ground Beef w/ Red Lentils w/ Halal Lean Ground Beef Pita Pockets Tatziki Sauce Roasted Peppers and Onions Fresh Fruit Milk	Stir Fry Rice w/ Tofu ★ Seasonal Vegetables ★ Herbs Pasta Fresh Fruit Milk	Chicken Pot Pie w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Seasonal Vegetables Fresh Fruit Milk	Minestrone Soup Mixed Vegetables and Kidney Beans Whole Wheat Dinner Rolls ★ Fresh Fruit ★ Milk
P M	Homemade Zucchini Loaf Fresh Fruit Filtered Water	Homemade Corn Bread Fresh Fruit Filtered Water	Cucumber Slices Cottage Cheese Crackers Fresh Fruit Filtered Water	Cheese Quesadillas Fresh Fruit Filtered Water	Yogurt Fresh Fruits Filtered Water
LATE PM	Fresh Fruit Filtered Water	Fresh Fruit Filtered Water	Fresh Fruit Filtered Water	Fresh Fruit Filtered Water	Fresh Fruit Filtered Water

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