

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	Multigrain Cheerios Cereal Fresh Fruit Milk	Whole Wheat Bagels w/ Margarine Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Omelet w/ Seasonal Vegetables Fresh Fruit Milk	Cheese & Apples Milk
L U N C H	Whole Wheat Pasta Primavera w/ seasonal vegetables & ★ tofu ★ Fresh Fruit Milk	Sweet & Sour Curry w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Seasonal Vegetables Rice Fresh Fruit Milk	Italian Pasta Salad Kidney Beans Seasonal Vegetables ★ Cheese Cubes ★ Dressing Fresh Fruit Milk	Taco Wraps w/ Lean Ground Beef w/ Red Lentils w/ Halal Ground Beef Steamed Broccoli Fresh Fruit Milk	Shawarma w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Shredded Lettuce Naan Bread Fresh Fruit Milk
P M	Tortilla Wraps w/ Cheese & Cucumber Fresh Fruit Filtered Water	Cheesy Bread Fresh Fruit Filtered Water	Banana Boat Crunch w/ Dried Cranberries and Cornflakes Fresh Fruit Filtered Water	Greek Yogurt w/ Apple Wedges Filtered Water	English Muffins w/ Tomato Slices & Cheese Slices 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 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A M	Multigrain Cheerios Cereal Fresh Fruit Milk	Whole Wheat Bagels w/ Margarine Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Whole Wheat English Muffins w/ Margarine Fresh Fruit Milk	Baked Maple Apple Pancakes Fresh Fruit Milk
L U N C H	Pasta Bake w/ Seasonal Vegetables and ★ Tofu ★ Fresh Fruit Milk	Peri Peri Pilaf w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Seasonal Vegetables Rice Fresh Fruit Milk	Lentil Pasta w/ Tofu Seasonal ★ Vegetables ★ Brown Lentils Fresh Fruit Milk	Casserole w/ Ground Beef w/ Red Lentils w/ Halal Ground Beef Seasonal Vegetables Tortilla Slices Fresh Fruit Milk	Pulled BBQ Sandwich w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Lettuce and Cucumber Salad Whole Wheat Burger Buns Fresh Fruit Milk
P M	Mixed Berries w/ Greek Yogurt Filtered Water	Apple Bread Fresh Fruit Filtered Water	Cucumber Slice w/ Crackers Fresh Fruit Filtered Water	Naan Bread w/ Cheese Cubes Fresh Fruit Filtered Water	Tortilla Banana Roll Ups 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 Cheerio Cereal Fresh Fruit Milk	Cheddar Cheese Whole Wheat Toast Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Greek Yogurt w/ Pears Milk	Homemade French Toast w/ Maple Syrup Fresh Fruit Milk
L U N C H	Teriyaki Noddle's Seasonal Vegetables Penne Pasta, Edamame ★ Fresh Fruit ★ Milk	Fajitas w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Bell Peppers Salsa Tortilla Wraps Fresh Fruit Milk	Kidney Beans Apple Broccoli Salad Rice ★ Fresh Fruit ★ Milk	Pasta w/ Ground Beef w/ Red Lentils w/ Halal Ground Beef Seasonal Vegetables White Sauce Fresh Fruit Milk	Cob Salad w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Seasonal Vegetables Dinner Rolls Fresh Fruit Milk
P M	Broccoli Cheddar Squares Fresh Fruit Filtered Water	Granola w/ Oats and Dried Cranberries Filtered Water	Cheese Quesadillas Fresh Fruit Filtered Water	Greek Yogurt w/ Seasonal Fruits Filtered Water	Tortilla Roll Ups w/ Cucumber Slices 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 Cheerio Cereal Fresh Fruit Milk	Whole Wheat English Muffins w/ Margarine Fresh Fruit Milk	Seasonal Fruit Muffins Milk	Whole Wheat Bagel w/ Margarine Fresh Fruit Milk	Homemade Pancakes w/ Maple Syrup Fresh Fruit Milk
L U N C H	★ Artichoke Pasta ★ Seasonal Vegetables Tofu Pasta Fresh Fruit Milk	Hearty Chicken Salad w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Seasonal Vegetables Naan Bread Fresh Fruit Milk	Sloppy Joes Spinach Strawberry Salad Burger Buns ★ Fresh Fruit ★ Milk	Fried Rice w/ Chicken Breast w/ Tofu w/ Halal Chicken Breast Seasonal Vegetable Sauce Rice Fresh Fruit Milk	★ Lentil Soup ★ w/ Seasonal Vegetables Dinner Rolls Fresh Fruit Milk
P M	Yogurt Parfait Fresh Fruit Filtered Water	Cucumber Slices w/ Cheese Crackers Fresh Fruits Filtered Water	Naan Bread w/ Homemade Hummus Fresh Fruit Filtered Water	Cheese Cubes w/ Pears 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

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