

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast (WGR) Cheerios Apple Juice Milk	Breakfast Pancakes Applesauce Milk	Breakfast Biscuits Oranges Milk	Breakfast Rice Krispies Cereal Pears Milk	Breakfast Bagel with Cream Cheese Milk Orange Juice
Lunch Goulash W/ Beef & Tomatoes Sauce Green Beans Apple Sauce Milk	Lunch Grilled Cheese Sandwiches (WGR) Bread Broccoli Pineapple Milk	Lunch Chicken Teriyaki Broccoli, Carrots Rice Milk	Lunch Chicken Nuggets (WGR) Tater Tots Apple Slices Milk	Lunch Chicken Taco Salsa Corn Pineapple Milk
Snack Goldfish Apples / Apple Slices Water	Ritz Crackers Apple Juice	Snack (WGR) Wheat Thins American Cheese Water	Snack Cheese cubes Oyster Crackers Water	Snack (WGR) Cheerios Low Fat Yogurt Water

1 & 2 year olds receive whole milk 2 years and up receive 1% Milk

WGR = Whole Grain Rich

* Water available all day

Cereal: Cheerios , Corn Flakes, Life , Rice Krispies

Season Fruit may be substituted

Menu is subject to change

* Fresh fruit = apples, banana, oranges, Strawberries

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast (WGR)Cheerios Apple Juice Milk	Breakfast Pancakes Pineapple Milk	Breakfast Biscuits Apple Sauce Milk	Breakfast Rice Krispies Cereal Banana Milk	Breakfast Bagel with Cream Cheese Milk Orange Juice
Lunch Sloppy Joe (WGR) Rolls/ Bread Green Beans Apples Milk	Lunch Baked Turkey Ham Butter Noodles ½ (WGR) Bread corn Apple Sauce Milk	Lunch Hamburger Sliders (WGR) rolls Green Beans Apple slices Milk	Lunch Barbecue Chicken (WGR) Bread Corn Apple slices Milk	Lunch Pizza – Cheese Tomato sauce Broccoli Pineapple Milk
Snack Goldfish Oranges Water	Snack Cucumbers Ranch Apple juice	Snack Muffins Apple Juice	Snack Wheat Thins (WGR) Apple Juice	Snack (WGR) Cheerios Low Fat Yogurt Water

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast (WGR) Cereal Apple Juice Milk	Breakfast Pancakes Oranges Milk	Breakfast Biscuits Pineapple Milk	Breakfast Rice Krispies Banana Milk	Breakfast Bagel with Cream Cheese Milk Orange Juice
Lunch Macaroni & Cheese Green beans Apple slices Milk	Lunch Chicken Sliders (WGR) wheat bread Pineapple Green Beans Milk	Lunch Meat Loaf w/ Gravy Mashed potatoes Apple Slices Milk	Lunch Hot Dog Slice of Bread (WGR) Green Beans Pineapple milk	Lunch Spaghetti w/ Meatballs & Sauce Apple slices Milk
Snack Goldfish Pineapple	Snack Ritz Cracker Cheese Cubes	Snack Wheat Thins (WGR) Apple Juice	Snack Cheese Cubes Pineapple Water	Snack (WGR) Cheerios Low Fat Yogurt Water

1 & 2 year olds receive whole milk

2 years and up receive 1% Milk

Cereal: Cheerios, Corn Flakes, Life , Rice Krispies

WGR = Whole Grain Rich

* Water available all day

Season Fruit may be substituted

Menu is subject to change

* Fresh fruit = apples, banana, oranges, Strawberries

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast (WGR) Cereal Apple Juice Milk	Breakfast Pancakes Oranges Milk	Breakfast Biscuits Fruit cocktails Milk	Breakfast Cheerios (WGR) Pineapple Milk	Breakfast Bagel with Cream Cheese Milk Apple Juice
Lunch Lasagna Green Beans Pineapple Milk	Lunch Chicken Tacos Salsa/ cheese Corn Pears Milk	Lunch Turkey w/ Gravy Mashed potatoes ½ WGR Bread Green Beans Apple Sauce Milk	Lunch Chicken meatball ½ (WGR) Bread Broccoli Apple Slices Milk	Lunch Sandwiches of Day Applesauce (WGR) Bread Green Beans Milk
Snack Goldfish Applesauce Water	Snack Cheese cubes Wheat Thins (WGR) Water	Snack Muffins Apple juice	Snack Carrots W/ ranch Apple Juice	Snack (WGR) Cheerios Low Fat Yogurt Water