



Menu 4 January 9-13

We serve whole grain
breads, chicken, turkey
and fish products.

Monday

Breakfast: French toast stix, applesauce and milk
A.M. Snack: Cheese, whole grain crackers and juice
Lunch: Spaghetti, green beans, peaches and milk
P.M. Snack: Vegetable medley w/ranch (carrots, cucumbers, peppers), saltines and water
Vegetarian option: Pasta with marinara sauce

Tuesday

Breakfast: Cheese toast, bananas, and milk
A.M. Snack: Fruit salad, club crackers and water
Lunch: Taco Bake, corn, mandarins and milk (mixed veggies for under 3 yrs.)
P.M. Snack: Fruit, wheat crackers and water
Vegetarian option: Garden burger

Wednesday

Breakfast: Whole grain cereal, fruit and milk
A.M. Snack: Yogurt w/fruit puree and water
Lunch: Harvest soup, apple slices and milk
P.M. Snack: Turkey and cheese roll ups and water
Vegetarian option: This meal is vegetarian

Thursday

Breakfast: Cinnamon toast, bananas and milk
A.M. Snack: Bagels and cream cheese and water
Lunch: Rice and beans, okra, pineapple and milk (peaches under 3 yrs)
P.M. Snack: Trail mix, apple slices and water
Vegetarian option: This meal is vegetarian

Friday

Breakfast: Waffles, strawberries and milk
A.M. Snack: Cereal fruit bar and water
Lunch: Turkey and cheese sandwich, pears and milk
P.M. Snack: Banana pudding, vanilla wafers and water
Vegetarian option: Cheese sandwich

***WE ARE REQUIRED TO SERVE MILK AT ALL MEALS. (BREAKFAST AND LUNCH)
CHILDREN 2 YRS. AND UNDER WILL RECEIVE WHOLE MILK (VITAMIN D)
CHILDREN 3 YRS. AND OLDER WILL RECEIVE 2% MILK.**

WE REQUIRE A NOTE FROM YOUR CHILD'S PHYSICIAN IF YOUR CHILD CANNOT HAVE MILK.