

# MENU/ACTIVITY - MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Bagels with cream cheese Turkey sandwiches with green beans Sliced apples with ritz crackers	1 Scrambled eggs with breakfast sausage Fried rice with veggies and orange chicken Cheese sticks and graham crackers	2 Cereal with whole milk Spaghetti with turkey sauce and roasted veggies Oranges with berry animal crackers	3 Pancakes with fruit jelly Alfredo pasta with grilled chicken Bananas with cheese sticks	<b>CLOSED</b>
7 Apple cinnamon muffins BBQ chicken sandwiches with baked beans Peaches and ritz crackers	8 French toast with syrup Chicken nuggets with veggies Applesauce	9 Waffles Mac and cheese with grilled chicken and veggies Fruit parfait	10 Scrambled eggs and breakfast sausage Turkey sandwiches with fries Fresh banana slices	11 Bagels with cream cheese Spaghetti with turkey sauce and roasted veggies Sweet potato crackers and sting cheese
14 Blueberry muffins Cheese burgers with veggies peaches and ritz crackers	15 Strawberry yogurt and fruit Cheese and chicken quesadillas with mexican rice Sliced apples with cheese sticks	16 Pancakes with fruit jelly Chicken nuggets with carrots Applesauce	17 French toast with syrup Fried rice with veggies and orange chicken Cheese sticks with graham crackers	18 Cereal with whole milk Alfredo pasta with grilled chicken Fruit parfait
21 Bagels with cream cheese Cheese and chicken quesadillas with mexican rice Peaches and ritz crackers	22 Scrambled eggs with breakfast sausages Chicken nuggets with lemon pepper green beans Apple slices with crackers	23 Apple cinnamon muffins Penne pasta with grilled chicken and red sauce Sweet potato crackers and string cheese	24 Oatmeal with fresh bananas Cheese burgers with veggies Applesauce	25 Waffles with fruit jelly Fried rice with orange chicken and veggies Orange slices
28 French toast Turkey sandwiches with french fries Apples with crackers	29 Yogurt with fresh fruit Spaghetti with meatballs and red sauce Peaches and cheese sticks	30 Bagels with cream cheese Chicken nuggets with fries Applesauce	31 Cereal and whole milk Cheese and chicken quesadillas with mexican rice Fruit parfait	1 French toast BBQ chicken sandwiches Sweet potato crackers with fruit

# ROTATING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Week 1:</u></b> Cereal with Fresh Fruit</p> <p>Chicken Stir-Fry with Brown Rice &amp; Fresh Fruit</p> <p>Vegan Rice Krispy Treats &amp; Fresh Fruit</p>	<p>Greek Yogurt with Granola &amp; Fresh Fruit</p> <p>Turkey &amp; Cheese on Whole Grain Croissant</p> <p>Muffins &amp; Fresh Fruit</p>	<p>Whole Wheat English Muffin w/ Cream Cheese &amp; Jelly</p> <p>Chicken Nachos &amp; Fresh Fruit</p> <p>Fruit Smoothie &amp; Mozzarella Cheese</p>	<p>Oatmeal with Fresh Fruit</p> <p>Grilled Cheese w/ Lentil Soup &amp; Fresh Fruit</p> <p>Applesauce &amp; Graham Crackers</p>	<p>Hash Browns w/ Turkey Sausage &amp; Fresh Fruit</p> <p>Whole Grain Cheese Pizza with Vegetables &amp; Fresh Fruit</p> <p>Rice Cakes w/ Sliced cucumbers</p>
<p><b><u>Week 2:</u></b> Cereal with Fresh Fruit</p> <p>Brown Rice &amp; Beans with Fresh Fruit</p> <p>Wheat Thins &amp; Fresh Fruit</p>	<p>Whole Grain Biscuit w/ Jelly &amp; Fresh Fruit</p> <p>Chicken Tacos with Vegetables &amp; Fresh Fruit</p> <p>Greek Yogurt w/ Berries</p>	<p>Whole Grain Bagel with Breakfast Chicken Patty</p> <p>Brunch for Lunch: Pancakes with Turkey Bacon &amp; Fresh Fruit</p> <p>Guacamole w/ tortilla chips &amp; salsa</p>	<p>French Toast Sticks w/ Turkey Sausage &amp; Fresh Fruit</p> <p>Loaded potatoes w/ Ground Turkey, Cheese &amp; Sour Cream</p> <p>Wheat Thins &amp; Fresh Fruit</p>	<p>Cream of Wheat &amp; Fresh Fruit</p> <p>Baked Chicken Tenders w/ Sweet Potatoes, Broccoli &amp; Fresh Fruit</p> <p>Veggies Chips &amp; Fresh Fruit</p>
<p><b><u>Week 3:</u></b> Cereal &amp; Fresh Fruit</p> <p>Macaroni &amp; Cheese w/ Broccoli &amp; Fresh Fruit</p> <p>Pretzels &amp; Fresh Fruit</p>	<p>Whole Grain English Muffins with Cream Cheese &amp; Fresh Fruit</p> <p>Whole Wheat Spaghetti w/ Ground Turkey Meat Sauce &amp; Fresh Fruit</p> <p>Cucumbers w/ Cheddar Cheese</p>	<p>Hash Browns w/ Vegan Egg &amp; Fresh Fruit</p> <p>Chicken Tender Sandwich w/ Cheese, Lettuce, Tomato &amp; Corn on the Cobb &amp; Fresh Fruit</p> <p>Vegan Rice Krispy Treats &amp; Fresh Fruit</p>	<p>Whole Grain Toast w/Avocado or Sunbutter, Turkey Bacon &amp; Fresh Fruit</p> <p>Chicken Noodle Soup w/ Whole Grain Crackers &amp; Fresh Fruit</p> <p>Corn Muffin w/ Fresh Fruit</p>	<p>Greek Yogurt with Oats &amp; Honey Granola &amp; Fresh Fruit</p> <p>Naan Pizza with Broccoli &amp; Fresh Fruit</p> <p>Graham Crackers &amp; Fresh Fruit</p>
<p><b><u>Week 4:</u></b> Cereal with Fresh Fruit</p> <p>BLT on Pita Bread &amp; Fresh Fruit</p> <p>Fruit Smoothie</p>	<p>Cream of Wheat &amp; Fresh Fruit</p> <p>Chicken &amp; Vegetable Quesadillas &amp; Fresh Fruit</p> <p>Cinnamon Crackers &amp; Fresh Fruit</p>	<p>Whole Grain Croissant, Vegan Egg &amp; Cheese w/ Fresh Fruit</p> <p>Turkey Kielbasa with Spinach Pasta &amp; Fresh Fruit</p> <p>Apples Slices and Sunbutter</p>	<p>Muffins &amp; Fresh Fruit</p> <p>Turkey Meatballs with Brown Rice &amp; Fresh Fruit</p> <p>Graham Crackers &amp; Fresh Fruit</p>	<p>Greek Yogurt with Oats &amp; Honey Granola &amp; Fresh Fruit</p> <p>Chicken Burrito Bowl with Brown Rice, Black Beans, Corn, &amp; Fresh Fruit</p> <p>Whole Grain Goldfish w/ Fresh Fruit</p>

**Substitutions may be made based on availability.  
Vegetarian options are always available, and may  
include:**

Grilled cheese  
Black Bean Burger  
Buttered Pasta

Cheese/Bean Quesadilla  
Veggie Nuggets  
Tofu

**\*Organic Milk Served with Breakfast and Lunch**