

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast: English muffins wih cream cheese or jam; Fruit</p> <p>Lunch: Flat bread with sauce and melted cheese, Fruit, Veggies</p> <p>Snack 1: Whole grain crackers and cheese</p> <p>Snack 2: Pita triangles with hummus</p>	<p>Breakfast: Whole grain cereal, Yogurt, Fruit</p> <p>Lunch: Chicken meatball sandwiches on whole wheat/grain rolls, Fruit, Veggies</p> <p>Snack 1: Cucumber slices with ranch dip</p> <p>Snack 2: Rice cakes with jam or sun butter</p>	<p>Breakfast: Bagel with jam or cream cheese Fruit</p> <p>Lunch: Chicken and cheese quesadilla with salsa, Chips with guacamole, Fruit</p> <p>Snack 1: Yogurt w/granola</p> <p>Snack 2: Whole grain pretzels with hummus</p>	<p>Breakfast: Pancakes w/butter or syrup, Fruit</p> <p>Lunch: Whole grain chicken tenders with butter noodles, Fruit, Veggies</p> <p>Snack 1: Goldfish crackers and applesauce</p> <p>Snack 2: Yogurt and whole grain snack/cereal/fruit bar</p>	<p>Breakfast: Muffins (variety of flavors) Yogurt, Fruit</p> <p>Lunch: Toasted/grilled cheese sandwich, Fruit, Veggies</p> <p>Snack 1: Graham crackers w/fruit</p> <p>Snack 2: Whole grain crackers with cream cheese</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast: French Toast w/butter or syrup, Fruit</p> <p>Lunch: Turkey and Cheese on whole grain wraps, Fruit, Veggies</p> <p>Snack 1: Cucumber slices w/ranch</p> <p>Snack 2: Pita triangles w/hummus</p>	<p>Breakfast: Whole grain/wheat toast w/butter, Yogurt, Fruit</p> <p>Lunch: Whole grain breaded chicken strips with sweet potato, Fruit, Veggies</p> <p>Snack 1: Whole grain pretzels w/cream cheese</p> <p>Snack 2: Mini muffins (variety of flavors) w/fruit</p>	<p>Breakfast: Whole Grain cereal, Yogurt, Fruit</p> <p>Lunch: Turkey Burger on whole wheat/grain roll, Fruit, Veggies</p> <p>Snack 1: Sunbutter whole wheat traingles</p> <p>Snack 2: Rice cakes with cream cheese</p>	<p>Breakfast: Whole grain oatmeal, Fruit</p> <p>Lunch: Whole grain chicken tenders with butter noodles, Fruit, Veggies</p> <p>Snack 1: Pretzels and dip</p> <p>Snack 2: Soft baked whole grain snack bar</p>	<p>Breakfast: Waffles with syrup or butter, Fruit</p> <p>Lunch: Chicken or turkey meatballs with pasta and tomato sauce, Fruit, Veggies</p> <p>Snack 1: Yogurt w/granola</p> <p>Snack 2: Whole grain crackers w/cheese</p>

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

Sandwiches (sunbutter, cheese, cream cheese, hummus), Veggie Dumplings, Cheese Quesadilla,, Grilled Cheese Sandwich, Hummus & Veggie Wrap, Buttered Pasta, Veggie Nuggets, Veggie Burgers

Milk will be served every day with lunch. Under 2 years old will be whole milk. Over 2 years old will be 2%. Water will be served with all meals and snacks

* MENU SUBJECT TO CHANGE