

Week 1

Jan 3-6, Jan 30 - Feb 3, Feb 27 - Mar 3, Mar 27 - 31, Apr 24- 28

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Full time programs: 8:30-9:15 Before & After Programs: 7:30-8:15					
Vegetables / Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Frozen Berries	Fresh Seasonal Fruit	Fruit Salad
Grain Products	Cereal	Oatmeal Muffin	Granola	Homemade Granola Bars	Biscuits
	Milk		Yogurt		
			Yogurt Parfait		*
Lunch - 11:15					
Vegetables / Fruit	Fresh Seasonal Vegetables	Raw Seasonal Vegetables	Roasted Seasonal Vegetables	Raw Seasonal Vegetables	Raw Seasonal Vegetables
Vegetables / Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Grain products	WW English Muffins	Biscuit	Pasta	Noodles	Fresh Rolls
	Coleslaw	Beans, Corn, Tomatoes		Tomatoes , Onion, Mushrooms, Peppers, Spinach	Leeks, Potato
Protein	Tuna	Beef	Chicken	Ground Beef	Beans
	Tuna Melts	Chili	Chicken Pasta	Lasagna	Potato Leek Bean Soup
Afternoon Snack Full time programs: 3:00-3:45 Before & After Programs: 4:30p					
Vegetables / Fruit	Pickles	Frozen Fruit	Seasonal Vegetables	Fresh Seasonal Fruit	Fresh Vegetables
Grain products	WW Crackers	Oats	WW Pita	Oatmeal Cookies	Vegetable Crackers
	Cheese		Homemade Hummus		Spinach Dip (Dairy)
		Fruit Crisp			

Week 2

Jan 9-13, Feb 6-10, March 6-10, Apr 3-7, May 1-5

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK					
Vegetables / Fruit	Apple Sauce	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fruit Salad
Grain Products	Crackers	Cereal	Granola	Energy Bites (Soy)	Cinnamon Toast
		Milk	Yogurt		
LUNCH					
Vegetables / Fruit	Roasted Vegetables	Roasted Vegetables	Fresh Seasonal Vegetables	Steamed Mixed Veggies	Fresh Seasonal Vegetables
Vegetables / Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
Grain products	Pasta	Biscuits	Rice	Biscuits	Fresh Rolls
			Peppers, Onions, Broccoli, Cauliflower, Corn	Diced Tomatoes, peppers, onion, celery	Carrot, onion, celery
				Sweet Potatoes	
Protein	Fish	Beans/Lentils	Beef	Beef	Split pea and Lentils
	Baked Fish	Baked Beans	Stir Fry	Sweet Potato Shepherd's Pie	Split Pea and Lentil Soup
PM SNACK					
Vegetables / Fruit	Fresh Seasonal Vegetables	Apples	Fresh Seasonal Vegetables	Broccoli	Fresh Seasonal Fruit
Grain products	Pita	Crackers	Cereal (Cheerios, shreddies)	Crackers	Carrot Muffin loaf
	Roasted Red Pepper Dip (Dairy)	Cheese			
			Bits and Bite	Broccoli Salad	

Week 3

Jan 16-20, Feb 13-17, Mar 13-17, Apr 10-14, May 8-12

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK					
Vegetables / Fruit	Fresh Seasonal Fruit	Apples	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fruit Salad
Grain Products	WW Toast	Oats	Cereal	WW Toast	Biscuits
	Cream Cheese	Homemade Oat Yogurt (dairy free)	Milk		
		Cinnamon Apples in yogurt			
LUNCH					
Vegetables / Fruit	Roasted Seasonal Vegetables	Spinach	Roasted Seasonal Vegetables	Raw Seasonal Vegetables	Raw Seasonal Vegetables
Vegetables / Fruit	Fresh Seasonal Vegetables	Fruit Sauce	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
Grain products	Noodles	Pancakes	Noodles	Rice	WW Soda Crackers
	Peas, Carrots	Potatoes, Onion, Peppers		Tomatoes , Onions, Cabbage	Onion, Celery, Carrots, Potatoes
Protein	Tuna	Pork	Chicken	Ground Beef	Beans
	Tuna Casserole	Pancakes, Sausage and home fries	Saucy Chicken	Lazy Cabbage Rolls	Vegetable Bean Soup
PM SNACK					
Vegetables / Fruit	Fresh Seasonal Vegetables	Fresh Seasonal Fruit	Fruit Salsa	Beet salad	Fresh Seasonal Fruit
Other Food Group	Pita		Cinnamon Pita	Gala Crackers	Oatmeal Cookies
	Homemade Hummus	Cheese Sandwiches			

Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK					
Vegetables / Fruit	Fresh Seasonal Fruit	Apples	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fruit Salad
Grain Products	WW Toast	Oats	Cereal	WW Toast	Biscuits
	Cream Cheese	Plain Yogurt	Milk		
		Cinnamon Apples in yogurt			
LUNCH					
Vegetables / Fruit	Raw Seasonal Vegetables	Spinach	Raw Seasonal Vegetables	Raw Seasonal Vegetables	Raw Seasonal Vegetables
Vegetables / Fruit	Fresh Seasonal Vegetables	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
Grain products	Biscuits	Egg	Pizza Crust	Rice	WW Soda Crackers
	Peas, Carrots	Potatoes, Onion, Peppers	Onnion, Spinach, Peppers, Mushrooms	Tomatoes , Onions, Cabbage	Squash, Onion, Celery, Carrots, Sweet Potatoes
Protein	Tuna	Pork	Chicken	Ground Beef	Beans
	Tuna Rue on Biscuits	Egg bake, Sausage and home fries	Pizza	Lazy Cabbage Rolls	Squash, Sweet Potato, Bean Soup
PM SNACK					
Vegetables / Fruit	Fresh Vegetables	Fresh Vegetables	Apples	Fresh Seasonal Fruit	Carrots
Other Food Group	Crackers	Pita	Crackers	Orange Loaf	WW Crackers
	Cheese	Sour Cream Dip	Cheese		
					Carrot Salad

Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK					
Vegetables / Fruit	Fresh Seasonal Fruit	Apples, Sweet potatoes	Fresh Seasonal Fruit	Apple Sauce	Fruit Salad
Grain Products	Cereal	Oatmeal	Oats	English Muffins	Oatmeal
	Milk		Yogurt		
		Apple, Sweet Potato Oatmeal			
LUNCH					
Vegetables / Fruit	Roasted Seasonal Vegetables	Roasted Seasonal Vegetables	Roasted Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Vegetables / Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
Grain products	Noodles	Fresh Buns	Rice	Fresh Biscuits	WW Soda Crackers
		Potatoes, Onions, Mushrooms			Carrots , Onions
Protein	Fish	Ham	Chicken	Beef or Pork	Chickpeas
	Baked Fish	Ham and Scalloped Potatoes	Stir Fry	Roast	Carrot Soup
PM SNACK					
Vegetables / Fruit	Seasonal Vegetables	Fresh Seasonal Vegetables	Frozen Fruit	Seasonal Vegetables	Fresh Seasonal Fruit
Other Food Group	Crackers	Roasted Chickpeas	Biscuit Topping	Crackers	Wow butter/ Oatmeal Cookies
	Cheese			Sour Cream Dip	
			Fruit Cobbler		