

Spring Menu for Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>					
Snack Description	W/W Crackers And Oranges	Apple Sauce and Bagels	Pancakes and Frozen fruit	Rice Crackers and Apples	Toast and Peaches
	Milk W/W Crackers Oranges	Water Apple Sauce Bagels	Milk Pancakes Frozen Fruit	Water Rice Crackers Apples	Milk Toast Peaches
<b>LUNCH</b>					
Lunch Description	Tuna Wraps	Stir fry chicken	Sloppy Joes	Spaghetti with Herbs &Garlic	Tofu Wraps
Meat and Alternatives	Tuna	Chicken	Hamburger	Cheese	Tofu
Vegetables and Fruit	Cucumbers Apples	Mixed Veggies	Cucumbers Carrots	Snap Peas Corn	Tomatoes Cucumbers
Grain Products	W/W Wraps	W/W Rice	W/W Buns	W/W Buns W/W Pasta	W/W Wraps
Milk and Alternatives	Milk Cheese	Milk	Milk	Milk	Milk Cheese
<b>AFTERNOON SNACK</b>					
Snack Description	Yogurt and Pears	Cereal, Melon and Milk	Strawberry Loaf and Bananas	Blueberry Loaf and Fruit	Apples and Cheese
	Water Yogurt Pears	Milk Cereal Melon	Water Strawberry Loaf Bananas	Water Blueberry Loaf Fruit	Apples Cheese Water

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Summer Menu for Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>					
Snack Description	Rice Crackers and Apples	Oatmeal and Pears	Pancakes and Frozen Fruit	WW Crackers and Melon	Toast and Peaches
	Water Rice Crackers Apples	Milk Oatmeal Pears	Milk Pancakes Frozen Fruit	Milk WW Crackers Melon	Milk Toast Peaches
<b>LUNCH</b>					
Lunch Description	Chicken Sandwiches	Chili	Chicken Pizza	Sloppy Joes	Baked Fish
Meat and Alternatives	Chicken	Kidney Beans	Chicken	Hamburger	Fish
Vegetables and Fruit	Snap Peas Carrots	Corn Tomato Sauce	Carrots Pineapple Peppers	Cucumbers Corn	Mixed Veggies
Grain Products	WW bread	WW Rolls	Naan Bread	WW Buns	Cous cous
Milk and Alternatives	Milk	Milk	Milk Cheese	Milk	Milk
<b>AFTERNOON SNACK</b>					
Snack Description	Cereal and Bananas	Hummus and Carrots	Zucchini loaf and Oranges	Granola and Fruit and Yogurt	Apples and Cinnamon Wraps
	Cereal Bananas Milk	Hummus Carrots Water	Zucchini loaf Oranges Water	Granola Yogurt Fruit Water	Apples WW Wraps Cinnamon sugar Water

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Signature \_\_\_\_\_ Date \_\_\_\_\_

Summer Menu for Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>					
Snack Description	Banana and WOW Butter Wraps	Bagels and Apple Sauce	Yogurt and Peaches	W/W Crackers and Bananas	Oatmeal and Fruit
	Banana WOW Butter WW Wraps Water	Water W/W Bagels Apple Sauce	Water Yogurt Peaches	W/W Crackers Bananas Water	Oatmeal Mixed Fruit Milk
<b>LUNCH</b>					
Lunch Description	Mac and Cheese	Baked Chicken and Rice	Grilled Cheese Sandwiches	Tuna Wraps	Turkey Fry
Meat and Alternatives	Cheese	Baked Chicken	Cheese	Tuna	Turkey
Vegetables and Fruit	Carrots Peppers	Corn Peas	Tomato Soup Apples	Cucumbers Mixed Veggies	Snap Peas Corn
Grain Products	WW Rolls WW Pasta	Rice	W/W Bread	WW Wraps	Cous Cous WW Rolls
Milk and Alternatives	Cheese	Milk	Milk	Cheese	Milk
<b>AFTERNOON SNACK</b>					
Snack Description	W/W Crackers and Oranges	Cereal and Melon	Pumpkin loaf and Fruit	Banana loaf and Fruit	Rice crackers and Apples
	W/W Crackers Oranges Milk	Milk Cereal Melon	Milk Pumpkin loaf Fruit	Banana loaf Fruit Milk	Rice Crackers Apples Water

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Summer Menu for Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>					
Snack Description	W/W Crackers and Apples	Toast and Pears	Oatmeal and Raisins	Rice Crackers and Oranges	Yogurt and Frozen Fruit
	W/W Crackers Apples Water	Toast Pears Milk	Milk Oatmeal Fruit	Rice Crackers Oranges Milk	Yogurt Frozen Fruit Water
<b>LUNCH</b>					
Lunch Description	Sloppy Joes	Baked Fish and Cous Cous	Chicken Sandwiches	Tofu Wraps	Chicken Pizza
Meat and Alternatives	Hamburger	Fish	Chicken	Tofu	Chicken
Vegetables and Fruit	Cucumbers Peas	Carrots Corn	Snap peas Carrots	Tomatoes Cucumbers	Peppers Pineapple
Grain Products	W/W Buns	W/W Cous Cous	W/W Bread	W/W Wraps	Naan Bread
Milk and Alternatives	Milk	Milk	Milk	Milk Cheese	Milk
<b>AFTERNOON SNACK</b>					
Snack Description	Hummus and Carrots	Apple Wraps	Strawberry Loaf and Fruit	Granola, Yogurt and Bananas	Cereal and Fruit
	Hummus Carrots Milk	Apples W/W Wraps Water	Strawberry Loaf Fruit Water	Granola Yogurt Bananas Water	Cereal Fruit Milk

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Signature \_\_\_\_\_ Date \_\_\_\_\_