

Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MORNING				
Cereal with Milk	Whole Wheat Pita with Hummus	Unsweetened Applesauce with Rice Cakes	Whole Wheat Toast and Jam	Gram Crackers with Bananas
AFTERNOON				
Yogurt & Fruit	Fruit Bowl	Fruit, Cucumbers & Crackers	Yogurt & Fruit	Fruit and Crackers Oatmeal (6mos-11mos)

Morning Snack will be served with Milk 2% or 3%. Children will be encourage to drink water for afternoon snack.

Vegetable selection will include but not limited to cucumbers, cauliflower, carrots

Fruit selection will include but not limited to bananas, apples, melons, oranges and strawberries

Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Butter Chicken and Rice with Fruit	Perogies and Chicken Sausage with Fruit	Macaroni & Cheese With Vegetables	Veggie Samosa with Fruit	Chicken nuggets & Fries with Fruit
Week 2	Chickpea Curry with Rice & Fruit	Mini Cheese Pizza & Vegetables	Spaghetti with tomato sauce with Vegetables	Tomato Soup with Unsalted Crackers & Vegetables	Mini Beef Burgers with Sweet Potato Fries
Week 3	Chicken & Veg Pulao & Yogurt	Grilled Cheese Sandwiches with Fruit	Penne Pasta with Alfredo Sauce With Fruit	Chili & Whole Wheat Buns	Fish Sticks, Fries, Tartar Sauce with Vegetables
Week 4	Korma Chicken & Rice with Fruit	Spaghetti & Tomato Beef Sauce with Vegetables	Cheese and Bell Peppers Quesadilla and Sour Cream with Fruit	Chicken Noodle Soup with unsalted crackers and Fruit	Mini Veggie Burgers with Fries
Week 5	Veggie Samosas with Fruit	Grilled Cheese Sandwich with Vegetables	Vegetable Fried rice and Yogurt with Fruit	Tomato Soup with Unsalted Crackers & Vegetables	Fish Pakora (Basa) and fries with Fruit

Fruit: Seasonal – watermelon, cantaloupe, strawberries & honeydew,

Vegetables: Steamed – carrots, peas, corn, green beans

2% and 3% Milk Served with Lunch