

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|------------|--|--|---|--|---|
| Week 1 | A.M. Snack | Multigrain Cereal Raspberries Milk Water | Toasted English Muffins Peanut Butter Water | Apple Slices, Cheese Cubes & Dinner Roll Water | Boiled Eggs Whole Wheat Toast Water | Blueberry Oat Bar Vanilla Yogurt Water |
| | Lunch | Beef and Veggie Chili Whole Wheat Bread Water | Crispy Chicken Fingers Macaroni Salad Milk Water | Homemade Tomato Quinoa Soup Grilled Cheese Water | Taco Salad Ranch Dressing Water | Pancakes Maple Brown Beans Water |
| | P.M. Snack | Nachos* w/ Sour Cream and Peach Mango Salsa Water | Banana Slices Croissants Water | Vegetable Tray with Ranch Dip Veggie Thins Water | Red & Green Grapes Variety Cheese Cubes Water | Warm Biscuits Strawberry Smoothie Water |
| Week 2 | A.M. Snack | Seasonal Berries Vanilla Yogurt Water | Cheesy Scrambles Eggs Whole Wheat Toast Water | Toasted Waffles & Peanut Butter Water | Honey Dew Melon & Cantaloupe w/ Yogurt Dip Water | Orange Slices & Warm Rolls Water |
| | Lunch | Tuna Macaroni & Cheese Casserole Peas Water | Sloppy Joes Mixed Vegetables Water | Cheesy Beef Pasta Carrots Water | Homemade Chicken & Rice Soup Whole Wheat Bread Water | Pizza Rolls Caesar Salad Water |
| | P.M. Snack | Pretzels Assorted Cheese Cubes Water | Whole Wheat Crackers Fresh Pineapple Water | Dill Pickles, Cheese Cubes & Vegetable Crackers Water | Blueberry Applesauce Whole Wheat Rolls Water | Frozen Yogurt Tubes Rice Thin Crackers Water |
| Week 3 | A.M. Snack | Multigrain Cheerios Blueberries Milk & Water | French Toast Raspberries Water | Whole Wheat Toast Peanut Butter & Bananas Water | Seasonal Fresh Fruit Marble Cheese Cubes Water | Peach Mango Applesauce Croissants Water |
| | Lunch | Spaghetti with Meat & Veggie Sauce Garlic Cheese Bread | Tuna Melts Carrots Water | Roast Chicken Mashed Potatoes Corn & Peas Water | Taco Twist Casserole Mixed Vegetables Water | Chicken, Bacon & Ranch Wraps with Green Beans Water |
| | P.M. Snack | Arrowroot Crackers Orange Slices Water | Vegetable Tray with Ranch Dip & W/W Crackers Water | Summer Smoothie Animal Crackers Water | Mixed Berry Oat Bars Apple Slices Water | Tortilla Chips Sour Cream & Salsa Water |
| Week 4 | A.M. Snack | Yogurt with Granola Sliced Bananas Water | Mini Pancakes Brown Beans Water | Cinnamon Toast Applesauce Water | Toasted Bagels Strawberry Cream Cheese Water | Blueberry Oatmeal Breakfast Cookies Water |
| | Lunch | Cheesy Beef Pasta Mixed Vegetables Water | Chicken & Broccoli Alfredo Water | Homemade Vegetable Soup Soda Crackers Water | Crackle Chicken Casserole Carrots Water | Cheeseburger Pizza Garden Salad Chocolate Milk |
| | P.M. Snack | Apple Slices Snack Crackers Water | Watermelon Arrowroot Cookies Water | Croissants Green & Red Grapes Water | Homemade Fruit Popsicles Animal Crackers Water | Banana Bread Vanilla Yogurt Water |

* items indicated with an * will be substituted for children under 3 ** cherry tomatoes and grapes will be quartered for children under the age of 4