



WEEK 1 MENU 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Cereal choices may include: Multi grain cheerios Shreddies Rice krispies Just right Corn flakes	Assorted cereals Diced peaches 2% milk	Cinnamon raisin toast Orange slices 2% milk	Pancakes Apple sauce 2% milk	Crumpets Pears 2% milk	Assorted cereals Bananas 2% milk
Lunch	Lean ground beef or *veggie ground tomato sauce Curry couscous (couscous,shredded carrot,spinach leaf) California vegetable medley (broccoli,carrot,cauliflower) Apple sauce 2% milk	Spinach brown rice with diced chicken or *tofu with feta cheese Cooked carrots Cantaloupe chunks 2% milk	Sliced turkey on whole wheat bread or *pea butter with sliced banana on whole wheat bread Carrot raisin salad Pears 2% milk	Chicken or *tofu a-la-king (peas and carrot with tomatoe soup) and pasta Steamed broccoli Mandarin oranges 2% milk	Lean beef or *veggie burgers on whole wheat bun Baby carrots Apples 2% milk
PM Snack	Ritz crackers with cheese cubes and celery sticks 2% milk	Graham crackers and apple slices 2% milk	Mini pitas and orange wedges 2% milk	Banana carrot muffins and honeydew melon 2% milk	Rice rolls and pepper sticks 2% milk
Late snack	Please see posted late snack calendar				

*Vegetarian option offered daily to children following vegetarian diet
 Water is also available as a beverage throughout the day.
 Local fruits and vegetables are offered based on availability