



WEEK 2 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 Apples 2% milk	Pancakes Grapes 2% milk	Yogurt with rice rolls Pears 2% milk	French toast Apple sauce 2% milk	Assorted cereals Oranges 2% milk
Lunch	Lasagna (lean ground beef or *veggie ground tomato sauce) California mixed veggies (broccoli, carrot, cauliflower) Pears 2% milk	Chicken fingers or *vegetarian soy stripes with plum sauce Green beans with corn Whole wheat bread Mandarin oranges 2% milk	Assorted sandwiches on whole wheat bread (tuna, cheese, egg) Romaine salad with cucumber and red pepper Honeydew melon 2% milk	Veggie rice with diced chicken or *tofu whole wheat bread Spinach, mandarin orange salad Cantaloupe 2% milk	Lean ground beef or *veggie ground in a whole wheat wrap (tomato, cheese, sour cream, lettuce) Baby carrots Diced peaches 2% milk
PM Snack	Arrowroot cookies Oranges 2% milk	Veggie crackers with baba ghanouj dip Apples 2% milk	Rice pudding Orange slices 2% milk	Yogurt with bread sticks Apricot 2% milk	Raisin bread Bananas 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