



## WEEK 3 MENU 2016

|                                                                                                                                       | Monday                                                                                                                                                     | Tuesday                                                                                                                             | Wednesday                                                                                                                                          | Thursday                                                                                                                    | Friday                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>AM Snack</b><br><br>Cereal choices may include:<br>Multi grain cheerios<br>Shreddies<br>Rice krispies<br>Just right<br>Corn flakes | Assorted cereals<br><br>Apples<br>2% milk                                                                                                                  | Mini croissants with pea butter<br><br>Oranges<br>2% milk                                                                           | Pancakes<br><br>Apple sauce<br>2% milk                                                                                                             | Cinnamon raisin bagels<br><br>Mandarin oranges<br>2% milk                                                                   | Assorted cereals<br>Diced pears<br>2% milk                                                                    |
| <b>Lunch</b>                                                                                                                          | Pasta primavera (pasta with white kidney beans and spinach)<br><br>California mixed veggies (califlower, broccoli, carrot)<br><br>Orange slices<br>2% milk | Lean beef or *veggie ground stew (potatoes, corn in tomato sauce)<br>Steamed brown rice<br>Broccoli<br><br>Diced peaches<br>2% milk | Turkey sandwiches or *veggie turkey on whole wheat bread<br><br>Caesar salad (romaine lettuce, croutons, parmesan cheese)<br>Cantaloupe<br>2% milk | Lean ground beef/*veggie ground tomato sauce with whole wheat spaghetti<br>Steamed carrots<br>Fruit cocktail<br><br>2% milk | Chicken burger or *breaded tofu burger on whole wheat bun<br><br>Carrot and cabbage slaw<br>Apples<br>2% milk |
| <b>PM Snack</b>                                                                                                                       | Wheat thins crackers with mozzarella cheese<br><br>Cucumber slices<br><br>2% milk                                                                          | Bread sticks,pepper sticks<br><br>Roasted red pepper dip<br><br>2% milk                                                             | Rice rolls<br><br>Watermelon slices<br><br>2% milk                                                                                                 | Whole wheat pretzles<br><br>Chickpea dip<br><br>2% milk                                                                     | Banana,carrot muffins<br><br>Orange slices<br><br>2% milk                                                     |
| <b>Late snack</b>                                                                                                                     | 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