



WEEK 4 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 pears 2% milk	Waffles Apple sauce 2% milk	English muffins with pea butter Bananas 2% milk	Whole wheat toast Scrambled eggs 2% milk	Assorted cereals Mandarin oranges 2% milk
Lunch	Macaroni and cheese Chick pea carrot salad Honeydew melon 2% milk	Swedish beef meatballs or *veggie balls Steamed rice Broccoli Diced pears 2% milk	Turkey sausages or *veggie dog on whole wheat bun Village salad (cherry tomatoes, green pepper, cucumber, feta cheese) Apricots 2% milk	Beef or *veggie ground sloppy joe on whole wheat bun Steamed carrots Apple sauce 2% milk	Fish or *soy burger on whole wheat bun , tartar sauce Mixed greens salad Peaches 2% milk
PM Snack	Breadsticks with baba ghanoush dip Green pepper sticks 2% milk	Multi grain pita with pea butter Celery sticks 2% milk	Digestive cookies Apples 2% milk	Yogurt , rice krispies Fruit cocktail 2% milk	Corn nacho chips Fresh tomato salsa 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