

September & October

*Months with a "fifth" week will repeat week 1 menu

WEEKS 1 and 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk
AM Snack	Fresh Fruit	Waffles	Fresh Fruit	Oatmeal w/ Fresh Fruit	Yogurt w/ Fresh Fruit
Lunch (Served w/Milk)	Macaroni Cheese w/Hot Dog meat, Peas, Carrots, & Cantaloupe	Rice & Lentils, Cucumbers & Oranges	Turkey Sandwich, Chips, & Grapes	Cheese Pizza & Jello	Butter Chicken, Rice & Pineapple
2:30 p.m. snack	Pound Cake & Milk	Cream Cheese Jelly Sandwich & Milk	Ritz Crackers & Hummus & Milk	Tea Biscuits & Milk	Pancakes & Milk
5 p.m. snack	Goldfish	Veggie Straws	Animal Crackers	Trail Mix	Pretzels

WEEKS 2 and 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk
AM Snack	Fresh Fruit	Waffles	Fresh Fruit	Oatmeal w/ Fresh Fruit	Yogurt w/ Fresh Fruit
Lunch (Served w/Milk)	Alfredo Chicken Pasta, Peas, Carrots, & Cantaloupe	Rice & Beans, Cucumbers & Oranges	Turkey Sandwich, Chips, & Grapes	Cheese Pizza & Jello	Butter Chicken, Rice & Pineapple
2:30 p.m. snack	Pound Cake & Milk	Cream Cheese Jelly Sandwich & Milk	Ritz Crackers & Hummus & Milk	Tea Biscuits & Milk	Pancakes & Milk
5 p.m. snack	Goldfish	Veggie Straws	Animal Crackers	Trail Mix	Pretzels

NOTE: OUR MONTHLY MENU WILL BE SENT TO YOU VIA EMAIL. AN ALTERNATIVE OPTION FOR VEGETARIANS IS A GRILLED CHEESE SANDWICH OR DISH OF THE DAY WITH OUT MEAT. THE ONLY MEATS SERVED ARE CHICKEN & TURKEY. CHILDREN ARE OFFERED WATER TO DRINK THROUGH OUT THE DAY, W/LUNCH & ALL SNACKS.