



# Menu 2023

(Rotates Every 4 Weeks)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Toasted Oats, Raisins, Milk	Strawberry Bagels, Apple Slices, Milk	Muffins, Peaches, Milk	French Toast Sticks, Applesauce, Milk	Chex Cereal, Banana, Milk
Lunch	Chicken Quesadilla, Mix Veg, Apple Slices, Milk	Beef Bites, Mashed Potatoes, Peaches, WG Bread, Milk	Chicken Nuggets, Pea & Carrot Blend, Applesauce, WG Bread, Milk	Grilled Turkey Patties, Sweet Potato Puffs, Pears, WG Bread, Milk	Ravioli, Green Beans, Pineapple, Milk
Snack Afternoon & PM	Goldfish, Milk	Max Cheese Stick, Water	Appleways Bar, Milk	Simply Chex, Milk	Scooby Snacks, 100% Apple Juice
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Toasted Oats, Raisins, Milk	Breakfast Burritos, Apple Slices, Milk	Muffins, Peaches, Milk	Pancakes, Applesauce, Milk	Chex Cereal, Bananas, Milk
Lunch	Chicken Sticks, Tater Tots, Apple Slices, WG Bread, Milk	Meatballs, Green Beans, Peaches, WG Bread, Milk	Grilled Chicken, Mashed Potatoes, Applesauce, WG Bread, Milk	Fish Nuggets, Carrots, Pears, WG Bread, Milk	Cheese Pizza, Corn, Pineapple, Milk
Snack Afternoon & PM	Cheez-Its, Milk	Honey Bunnies, Milk	Banana Bread, Milk	Yogurt & Fruit, Milk	Soft Pretzel, 100% Apple Juice
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Toasted Oats, Raisins, Milk	Strawberry Bagels, Apple Slices, Milk	Muffins, Peaches, Milk	French Toast Sticks, Applesauce, Milk	Chex Cereal, Banana, Milk
Lunch	Chicken Quesadilla, Mix Veg, Apple Slices, Milk	Beef Bites, Mashed Potatoes, Peaches, WG Bread, Milk	Chicken Nuggets, Pea & Carrot Blend, Applesauce, WG Bread, Milk	Grilled Turkey Patties, Sweet Potato Puffs, Pears, WG Bread, Milk	Ravioli, Green Beans, Pineapple, Milk
Snack Afternoon & PM	Goldfish, Milk	Max Cheese Stick, Water	Appleways Bar, Milk	Simply Chex, Milk	Scooby Snacks, 100% Apple Juice
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Toasted Oats, Raisins, Milk	Breakfast Burritos, Apple Slices, Milk	Muffins, Peaches, Milk	Pancakes, Applesauce, Milk	Chex Cereal, Bananas, Milk
Lunch	Chicken Sticks, Tater Tots, Apple Slices, WG Bread, Milk	Meatballs, Green Beans, Peaches, WG Bread, Milk	Grilled Chicken, Mashed Potatoes, Applesauce, WG Bread, Milk	Fish Nuggets, Carrots, Pears, WG Bread, Milk	Cheese Pizza, Corn, Pineapple, Milk
Snack Afternoon & PM	Cheez-Its, Milk	Honey Bunnies, Milk	Banana Bread, Milk	Yogurt & Fruit, Milk	Soft Pretzel, 100% Apple Juice