

2022



Monday

**Breakfast** English Muffin, Turkey Slices, Peaches, Milk

Cheeseburger, (Shredded Chicken sandwich), Fries, Pineapples, Milk

Snack

WG Bread, Cheese, Fruit Cocktail, Milk

10 **Breakfast** Waffles, Peaches, Milk

Lunch

Macaroni and Cheese, Fish Sticks, Peas & Carrots, Pineapples, WG Bread, Milk

Snack

Cucumber/Carrot, Hummus, Spinach Dip, Saltines, Juice

Breakfast

Croissants, Orange Juice, Milk

Tuesday

Spaghetti w/Meat, Peas and Carrots, Mandarins, WG Bread, Milk

Snack

Saltines, Cottage Cheese, Pineapples, Juice

**Breakfast** 

Cheerios, Mandarin, Milk

Rice with Chicken, Coleslaw, Pears, Peas, WG Bread, Milk

Trail Mix, (Gold Fish), Apple Juice

Wednesday

**Breakfast** Pancakes, Mandarins, Milk

Lunch

Fish Sticks, Macaroni & Cheese, Peas, Apples WG Bread, Milk

Snack

**Breakfast** 

Lunch

Snack

11

18

25

Trail Mix (Graham Crackers), Yogurt, Milk

Muffins, Juice, Milk

Cheese Pizza (Chicken

Pasta), Salad, Apples, Milk

WG Bread, Cheese, Raisins,

Thursday

**Breakfast** Croissants, Orange Juice, Milk

Lunch

Beef Stew, Rice, Mixed Vegetables, Oranges (Mandarins) WG Bread, Milk

Snack

12

19

26

Bananas, Animal Cracker, Milk

13 Breakfast

Pancakes, Applesauce, Milk

Meatballs with Gravy,

Mashed Potatoes, Corn, Pears, WG Bread, Milk

Snack

Breakfast

Pears, Milk

Lunch

Snack

Graham Crackers, Bananas, Milk

French toast Sticks, Diced

Seasonal Fruit (Applesauce)

Fish Sticks, Broccoli,

Yogurt, Tropical Fruit

(Mandarin) Animal

WG Bread, Milk

Friday

**Breakfast** Bagels w/Cream Cheese

Chicken Nuggets, Green Beans, Peaches, WG Bread,

Snack

Mandarin, Cottage Cheese, Saltines

**Breakfast** 

French toast Sticks, Diced

Chicken Nuggets, Green Beans, Mandarins WG Bread, Milk

**Breakfast** 

Cheerios, Peaches, Milk

Lunch

Cheeseburger, (Shredded Chicken sandwich), Fries, Tropical Fruit (Applesauce)

Snack

WG Bread, Cheese (Cottage Cheese), Pineapple

**Breakfast** 

Croissants, Orange Juice, Milk

Lunch

Spaghetti w/Meat, Peas and Carrots, Mandarins, WG Bread, Milk

Snack

Gold Fish, Apples (Applesauce), Milk

31 **Breakfast** 

English Muffin, Turkey Slices, Peaches, Milk

Cheeseburger, (Shredded Chicken sandwich), Fries, Pineapples, Milk

Snack

WG Bread, Cheese, Fruit Cocktail, Milk

**Breakfast** 

17

24

Waffles, Applesauce, Milk

Lunch

Rice with Beans, Coleslaw, Fruit Cocktail (Diced Pears) WG Bread, Milk

Snack

Trail Mix, (Gold Fish), Banana, Milk

**Breakfast** 

Pancakes, Applesauce, Milk

Chicken Nuggets, Broccoli, Diced Pears, WG Bread, Milk

Snack

Vanilla Yogurt, Tropical Fruit (Diced Peaches), Crackers

Croissants, Orange Juice, Milk

Lunch

**Breakfast** 

Chicken Alfredo Pasta, Peas, Apples (Mandarins) WG Bread, Milk

Snack

Graham Crackers, Fruit Cocktail, Milk

**Breakfast** 

Cheerios, Peaches, Milk

Meatballs, Mashed Potato, Green Beans, Pineapples, WG Bread, Milk

Snack

Saltines, Cucumber/Carrots, Hummus, Crackers, Apple Juice

Crackers **Breakfast** 

Bagels w Cream Cheese, (Cheerios), Diced Pears, Milk

Lunch

Chicken Alfredo Pasta, Coleslaw, Seasonal Fruit, WG Bread, Milk

Snack

Bananas, Graham Crackers,

(Cheerios), Pineapples, Milk

14

Peaches, Milk

Lunch

Snack

Yogurt, Tropical Fruit (Applesauce), Crackers

**Breakfast** 

20

Bagels w Cream Cheese, (Cheerios), Bananas, Milk

21

28

Lunch

Grilled Chicken Sandwich, Salad, Oranges (Mandarins) Milk

Snack

Tortilla Chips (WG Bread), Cheese/Salsa, Milk

**Breakfast** 

French Toast Sticks, Applesauce, Milk

Lunch

Turkey/Cheese WG Sandwich, Salad, Oranges

Snack

Muffins, Milk

Milk is served with breakfast and lunch; water is also available to the children throughout the day.

Infants- 24 months will be served whole milk. Children 2 years and up will be served

\*Appropriate substitutions will be made for the Toddler and Twos We are a Nut- Free environment! All fresh fruits are seasonal Menu is subject to change based on items availability

