

**Please note:** Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

**This month's Multi-Cultural Theme is**

**Iceland**



We will be featuring a signature dish that will represent these countries.

**Breakfast**

Blueberry muffins, bananas, milk

**AM Snack**

Fig Newtons, water

**Lunch**

Chicken salad w/dried cranberries & green onions, mixed fruit, roll, milk

**PM Snack**

100% welch's fruit snacks, water

1

**Breakfast**

Cereal w/ strawberries, milk

**AM Snack**

Graham crackers, water

**Lunch**

Steak fingers, peas, diced peaches, milk

**PM Snack**

String cheese, apple juice

4

**Breakfast**

Biscuits w/ jelly, bananas, milk

**AM Snack**

Belvita crackers, water

**Lunch**

Penne lasagna w/ meat sauce & ricotta cheese, side salad w/ ranch, mixed fruit, milk

**PM Snack**

Cheez It's, apple juice

5

**Breakfast**

Oatmeal w/ dried cranberries, orange juice

**AM Snack**

Fig Newton's, water

**Lunch**

Chicken nuggets, Mixed veggies, pineapple tidbits, milk

**PM Snack**

Nilla Wafers, apple juice

6

**Breakfast**

Waffles w/ syrup, applesauce, milk

**AM Snack**

Goldfish, water

**Lunch**

Bean stew w/ chickpeas, white beans, zucchini, & tomatoes, mandarin oranges, rice, milk

**PM Snack**

Oatmeal cookies, apple juice

7

**Breakfast**

French toast sticks w/syrup, apple slices, milk

**AM Snack**

Veggie straws, water

**Lunch**

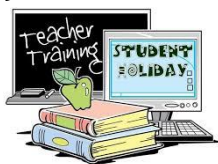
Turkey chili, corn, pears, milk

**PM Snack**

Animal crackers, apple juice

8

**Staff Development Day**



11

**Breakfast**

Cereal, strawberries, milk

**AM Snack**

Goldfish, water

**Lunch**

Spanish rice w/black beans, carrots, & peas, pineapple tidbits, milk

**PM Snack**

Belvita crackers, apple juice

12

**Breakfast**

French toast sticks w/ syrup, apple sauce, milk

**AM Snack**

Nilla wafers, water

**Lunch**

Beef stroganoff, green beans, pears, milk

**PM Snack**

Trail Mix w/ marshmallows, goldfish, & cheerios, apple juice

13

**Breakfast**

Bagels w/ cream cheese, blueberries, milk

**AM Snack**

Cheez-Itz, water

**Lunch**

Bean & cheese tacos, mixed veggies, mandarin oranges, milk

**PM Snack**

Caramel rice cakes, apple juice

14

**Breakfast**

Blueberry muffins, bananas, milk

**AM Snack**

Fig Newtons, water

**Lunch**

Chicken salad w/dried cranberries & green onions, mixed fruit, roll, milk

**PM Snack**

100% welch's fruit snacks, water

15

**Breakfast**

Cereal, milk

**AM Snack**

Graham crackers, water

**Lunch**

Beef Kjötúpa (Icelandic soup) w/ carrots, onion, & potatoes, diced peaches, milk

**PM Snack**

String cheese, apple juice



18

**Breakfast**

Biscuits w/ jelly, bananas, milk

**AM Snack**

Belvita crackers, water

**Lunch**

Penne lasagna w/ meat sauce & ricotta cheese, side salad w/ ranch, mixed fruit, milk

**PM Snack**

Cheez It's, apple juice

19

**Breakfast**

Oatmeal w/ dried cranberries, orange juice

**AM Snack**

Fig Newton's, water

**Lunch**

Chicken nuggets, Mixed veggies, pineapple tidbits, milk

**PM Snack**

Nilla Wafers, apple juice

20

**Breakfast**

Waffles w/ syrup, applesauce, milk

**AM Snack**

Goldfish, water

**Lunch**

Bean stew w/ chickpeas, white beans, zucchini, & tomatoes, mandarin oranges, rice, milk

**PM Snack**

Oatmeal cookies, apple juice

21

**Breakfast**

French toast sticks w/syrup, apple slices, milk

**AM Snack**

Veggie straws, water

**Lunch**

Turkey chili, corn, pears, milk

**PM Snack**

Animal crackers, apple juice

22

**Breakfast**

Cereal w/ strawberries, milk

**AM Snack**

Graham crackers, water

**Lunch**

Steak fingers, peas, diced peaches, milk

**PM Snack**

String cheese, apple juice

25

**Breakfast**

Cereal, strawberries, milk

**AM Snack**

Goldfish, water

**Lunch**

Spanish rice w/ black beans, carrots, & peas, pineapple tidbits, milk

**PM Snack**

Belvita crackers, apple juice

26

**Breakfast**

French toast sticks w/ syrup, apple sauce, milk

**AM Snack**

Nilla wafers, water

**Lunch**

Beef stroganoff, green beans, pears, milk

**PM Snack**

Trail Mix w/ marshmallows, goldfish, & cheerios, apple juice

27

**Breakfast**

Bagels w/ cream cheese, blueberries, milk

**AM Snack**

Cheez-Itz, water

**Lunch**

Bean & cheese tacos, mixed veggies, mandarin oranges, milk

**PM Snack**

Caramel rice cakes, apple juice

28

**Breakfast**

Blueberry muffins, bananas, milk

**AM Snack**

Fig Newtons, water

**Lunch**

Chicken salad w/dried cranberries & green onions, mixed fruit, roll, milk

**PM Snack**

100% welch's fruit snacks, water

29