



Sample Menu

Week 1	An allergy substitution will be given to any allergies on record. E -Contains Egg D -Contains Dairy G -Contains Gluten S -Contains Soy O - Contains Oat P/B - Contains Pork/ Beef HM -Made in House			"Spaghetti Day"	
<i>Breakfast</i>		Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G
<i>Snack AM</i>		Cheerios & Milk O, D	Strawberry Cream Cheese Croissant G, D, S, E	Turkey Sausage & Cheese Grits D	Blueberry Muffins G, D, HM
<i>Lunch</i>		Ham & Cheese Sandwiches, Peas & Pears G, D, O, S, P	Vegetable Chili, Flour Tortillas & Mangos G, HM	Turkey Bolognese Noodles & Peaches G, HM	Chicken & Sausage Jambalaya & Applesauce P, HM
<i>Snack PM</i>	Honey Grahams D, S	Rice Crackers S, D	Applesauce Cookies G, S, HM	Cucumbers & Ranch D, E, S, HM	
Week 2				"National Milk Day"	
<i>Breakfast</i>	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G
<i>Snack AM</i>	Toast & Jelly G, O, S	Oatmeal O, HM	Pancakes G, D, HM	Cereal & Milk G, D	Yogurt D
<i>Lunch</i>	Swedish Meatballs, Brown Rice & Gravy G, D, S, HM	Turkey & Cheddar Wraps, Carrots & Mandarin Oranges G, D	Chicken Nuggets, Green Beans & Peaches G, S	Turkey Meatloaf, Broccoli & Applesauce G, S, HM	Chicken Tortilla Soup & Mangoes HM
<i>Snack PM</i>	Mozzarella Sticks & Marinara Sauce G, D, S	Fruit	Banana Pudding G, D, E, S, HM	Cookies & Milk G, D, S, HM	Bananas
Week 3					
<i>Breakfast</i>	"MLK Day"	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G
<i>Snack AM</i>	<i>Happy Birthday Dr. King!</i>	Bagels & Cream Cheese G, D, S	Turkey Sausage & Hashbrowns S	Bananas & Sun Butter	Berry Oat Muffins O, HM
<i>Lunch</i>	~CLOSED~	Chicken Pot Pie & Pears G, D, S, HM	Chicken Goulash, Noodles & Peaches D, HM	Turkey Taco Casserole & Mangos G, D, HM	Pork Fried Rice & Applesauce P, S, HM
<i>Snack PM</i>		Oatmeal Raisin Cookies G, O, HM	String Cheese & Crackers G, D, S	Veggie Straws	Bread Sticks & Homemade Red Sauce G, D, S, HM
Week 4					
<i>Breakfast</i>	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G
<i>Snack AM</i>	Cheerios & Milk O, D	Cinnamon Raisin Oatmeal O, HM	Banana Pancakes G, D, HM	French Toast Sticks G, D, E, S	Bananas
<i>Lunch</i>	Ham & Pea Noodle Casserole & Pears G, D	Quesadillas, Tomato Salsa & Mangos G, D, HM	Turkey Chili, Flour Tortillas, & Mandarin Oranges G, HM	Fish Sticks, Corn, & Applesauce G, S	Tomato Soup, Grilled Cheese & Peaches G, D, S, O, & HM
<i>Snack PM</i>	Rice Crackers S, D	Black Bean Hummus & Pita G, S, HM	Soft Pretzels & Cheese Sauce G, D, S	Fruit	Cucumbers & Ranch D, E, S, HM
Week 5					
<i>Breakfast</i>	"Corn Chip Day"	"Croissant Day"			
<i>Snack AM</i>	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G	Cereal, Granola Bars or Fruit G		
<i>Lunch</i>	Yogurt & Granola D, HM	Croissants & Jelly G, D, S, E	Cereal & Milk G, D, S		
<i>Snack PM</i>	Loaded Baked Potato Casserole & Pears D, S, E, HM	Turkey Cheese Sandwiches, Green Beans & Applesauce G, D	Roasted Turkey Breast, Peas & Peaches		
<i>Snack PM</i>	Corn Chips & Salsa	Fruit	Animal Crackers G, S, HM		