

1	BREAKFAST	LUNCH	PM SNACK
MON	Whole Grain Pancakes Apple Slices (Infants: Applesauce) Milk Water	Beef & Rice Casserole (Veg: Cheesy Rice) Orange Sections (Infants: Mandarin Oranges) Green Beans Milk Water	Graham Cracker Strawberry Yogurt Water
TUES	Whole Grain Cinnamon Toast Grapes (Infants: Peaches) Milk Water	Whole Grain Fish Sticks Cucumber Sticks (Infants: Peas & Carrots) Apple Slices (Infants: Applesauce) Milk Water	Animal Crackers Cheese Water
WED	Hot Biscuits Bananas Milk Water	Cheese Pizza Carrot Sticks (Infants: Blanched Carrot Sticks) Melon (Infants: Bananas) Milk Water	Whole Grain Goldfish Apple Slices (Infants: Mandarin Oranges) Water
THURS	Whole Grain Waffles Berries (Infants: Strawberry Yogurt) Milk Water	Mexican Chicken & Rice (Veg: Mexican Rice) Pinto Beans Orange Sections (Infants: Applesauce) Milk Water	Pretzels Bananas Water
FRI	Whole Grain Oatmeal Melon (Infants: Pears) Milk Water	Chicken Cheese Quesadilla (Veg: Cheese Quesadilla) Corn (Infants: Green Beans) Lettuce Salad Milk Water	Ritz Crackers Cucumber Sticks (Infants: Mandarin Oranges) Water

2	BREAKFAST	LUNCH	PM SNACK
MON	Whole Grain Cheerios Apple Slices (Infants: Peaches) Milk Water	Stir Fry Chicken with Rice (Veg: Stir Fry Vegetables & Rice) Green Beans Melon (Infants: Applesauce) Milk / Water	Ritz Crackers Cheese Water
	Whole Grain Oatmeal Grapes (Infants: Pears) Milk Water	Turkey & Cheese Sandwich (Veg: Cheese Sandwich) Lettuce Salad Orange Sections (Infants: Mandarin Oranges) Milk/Water	Graham Crackers Strawberry Yogurt Water
WED	Hot Biscuits Bananas Milk Water	Macaroni & Cheese Cucumber Sticks (Infants: Peas & Carrots) Apple Slices (Infants: Bananas) Milk/Water	Whole Grain Goldfish Pineapples (Infants: Applesauce) Water
THURS	Whole Grain Cinnamon Toast Berries (Infants: Strawberry Yogurt) Milk Water	Baked Chicken Nuggets (Veg: Cheese Ravioli) Whole Grain Bread Carrot Sticks (Infants: Blanched Carrot Sticks) Orange Sections (Infants: Applesauce) Milk/Water	Animal Crackers Bananas Water
FRI	Whole Grain Pancakes Melon (Infants: Applesauce) Milk Water	Grilled Cheese Sandwiches Pinto Beans Apple Slices (Infants: Bananas) Mil Water	Pretzels Cucumber Sticks (Infants: Mandarin Oranges) Water

3	BREAKFAST	LUNCH	PM SNACK
MON	Whole Grain Pancakes Apple Slices (Infants: Pears) Milk Water	Spaghetti with Beef Sauce (Veg: Spaghetti with Tomato Sauce) Corn (Infants: Green Beans) Milk/Water	Graham Crackers Strawberry Yogurt Water
TUES	Whole Grain Toast With Cinnamon Grapes (Infants: Peaches) Milk Water	Cheese Pizza Cucumber Sticks (Infants: Peas & Carrots) Apple Slices (Infants: Applesauce) Milk/Water	Pretzels Bananas Water
WED	Hot Biscuits Bananas Milk Water	Chicken Pasta (Veg: Herb Pasta with Cheese) Carrot Sticks (Infants: Blanched Carrot Sticks) Orange Sections (Infants: Mandarin Oranges) Milk/Water	Whole Grain Goldfish Pineapples (Infants: Peaches) Water
THURS	Whole Grain French Toast Sticks Melon (Infants: Applesauce) Milk Water	Sweet & Sour Chicken (Veg: Cheese Sandwich) Green Beans Apple Slices (Infants: Bananas) Rice Milk/Water	Ritz Crackers Cheese Water
FRI	Whole Grain Oatmeal Berries (Infants: Strawberry Yogurt) Milk/Water	Beef & Cheese Tacos (Veg: Bean & Cheese Taco) Lettuce Salad Pinto Beans Milk Water	Animal Crackers Orange Sections (Under 2 yrs. Applesauce) Water

4	BREAKFAST	LUNCH	PM SNACK
MON	Whole Grain Pancakes Apple Slices (Infants: Pears) Milk Water	BBQ Chicken Sandwiches (Veg: Grilled Cheese Sandwich) Lettuce Salad Melon (Infants: Applesauce) Milk Water	Ritz Crackers Cheese Water
TUES	Whole Grain Oatmeal Melon (Infants: Peaches) Milk Water	Whole Grain Fish Sticks Cucumber Sticks (Infants: Peas & Carrots) Mashed Potatoes Milk Water	Animal Crackers Apple Slices (Infants: Bananas) Water
WED	Hot Biscuits Bananas Milk Water	Macaroni & Cheese Carrot Sticks (Infants: Blanched Carrot Sticks) Orange Sections (Infants: Mandarin Oranges) Milk Water	Whole Grain Goldfish Strawberry Yogurt Water
THURS	Whole Grain Toast with Cinnamon Berries (Infants: Strawberry Yogurt) Milk Water	Meatballs & Rice (Veg: Egg & Cheese Wrap) Corn (Infants: Green Beans) Apple Slices (Infants: Applesauce) Milk Water	Graham Crackers Bananas Water
FRI	Whole Grain Cheerios Grapes (Infants: Mandarin Oranges) Milk Water	Sloppy Joes (Veg: Hummus & Crackers) Lettuce Salad Melon (Infants: Peaches) Milk Water	Pretzels Cucumber Sticks (Infants: Applesauce) Water Kids R Kids serves peanut free/pork free menus

*All fresh fruit & vegetables are subject to change with seasonal availability *All fresh fruit & vegetables served to children 4 yrs & under are prepared in an appropriate manner, ex: chopped, diced, shredded, smashed, etc. 10'18