

Monday

Tuesday

Wednesday

Thursday

Friday



7
Breakfast: Toast w/
SunButter, Blueberries
Lunch: Waffles, Turkey
Sausage *tofu*,
Applesauce, Hash
Browns
PM Snack: Whole Grain
Crackers, Cheese Cubes

1
Breakfast: Cheesy Eggs,
Oranges
Lunch: Cheese Roll-up
on Tortilla, Corn, Melon
PM Snack: SunButter,
Crackers and Bananas

8
Breakfast: Banana Bread
& Strawberries
Lunch: Chicken (tofu)
Quesadilla, Corn, &
Melon
PM Snack: Graham
Crackers & Blueberries

2
Breakfast: French Toast,
Strawberries
Lunch: Sweet and Sour
Chicken (tofu), Fried Rice
with Mixed Vegetables,
Pineapple
PM Snack: Applesauce,
Graham Crackers

9
Breakfast: Pancakes,
Peaches
Lunch: Mixed Vegetable
Soup with Chicken (Tofu),
Oranges and Corn Bread
PM Snack: String cheese,
Fresh Berries

3
Breakfast: Fruit Bars &
Blueberries
Lunch: Naan Pizza w/
Turkey Pepperoni (Cheese)
Steamed Carrots and
Apples
PM Snack: Chips (crackers),
Salsa, Guacamole

10
Breakfast: Fruit & Grain
Bars with Apples
Lunch: Chicken (tofu)
Cheese Caesar Wrap,
Tater Tots, Mixed Fresh
Fruit
PM Snack: Pita Crackers
and Melon

4
CLOSED FOR TEACHER
TRAINING

11
Breakfast: Whole Grain
Cereal and Strawberries
Lunch: Naan pizza w/
Turkey Pepperoni (veggie
and cheese), Peas,
Pineapple
PM Snack: Rice Cakes,
Blueberries

14
Breakfast: Toast w/
SunButter, Blueberries
Lunch: Waffles, Turkey
Sausage *tofu*,
Applesauce, Hash
Browns
PM Snack: Whole Grain
Crackers, Cheese Cubes

21
Breakfast: Yogurt and
Mixed Berries
Lunch: Tikka Chicken
(tofu), Jasmine Rice,
Carrots and Peas,
Watermelon
PM Snack: Cubes Cheese
and Animal Crackers

15
Breakfast: Zucchini Bread
& Oranges
Lunch: Chicken (tofu)
Enchiladas, Corn, Mixed
Berries
PM Snack: Homemade
Oatmeal Squares, Apples

22
Breakfast: Scrambled
Eggs w/ Bell Peppers,
Apples
Lunch: Chicken (Bean)
and Cheese Quesadilla,
Salsa, Corn, Peaches
PM Snack: Orange
Cranberry Bars,
Applesauce

16
Breakfast: Pancakes and
Peaches
Lunch: Red Sauce Penne
w/ Parmasean Chicken
(tofu) Green Beans,
Oranges
PM Snack: Strawberries,
Veggie Straws

23
Breakfast: French Toast
and Mixed Berries
Lunch: Butter Chicken
(tofu), Jasmine Rice,
Carrots and Peas,
Pineapple
PM Snack: Cubes Cheese
and Whole Wheat
Crackers

17
Breakfast: Overnight
Cinnamon Oats, Apples
Lunch: Turkey (tofu)
Cheese Wraps, Sweet
Potato Fries, Mixed Fresh
Fruit
PM Snack: Soft Pretzel
Bites and Sliced Peppers

24
Breakfast: Blueberry
Overnight Oats and
Oranges
Lunch:
Turkey/Bacon/Cheese
(tofu) Wraps with French
Fries and Apples
PM Snack: Goldfish, Melon,
and Fresh Fruit Smoothie

18
Breakfast: Whole Grain
Cereal, Strawberries
Lunch: Flatbread pizza w/
Turkey Pepperoni
(Cheese), Peas, Bananas
PM Snack: Graham
Crackers and Sunbutter

25
Breakfast: Yogurt,
blueberries, granola
Lunch: Cauliflower crust
pizza w/ turkey pepperoni
(cheese), baby carrots
steamed, Watermelon
PM Snack: Cucumbers,
Pita Crackers, and Ranch

28
Breakfast: French Toast
Sticks, Blueberries
Lunch: Teriyaki Chicken
(tofu), Fried Rice with
Mixed Vegetables,
Apples
PM Snack: SunButter
and Graham Crackers
with Banana

29
Breakfast: Blueberry
Overnight Oats and
Oranges
Lunch: Grilled Cheese
with French Fries and
Pineapple
PM Snack: Goldfish,
Melon

30
Breakfast: Biscuit with
Jelly, Melon
Lunch: Chicken and
Artichoke Wrap, Tater
Tots, Mixed Fresh Fruit
PM Snack: Pretzels
crackers, Oranges, and
a Fresh Fruit Smoothie

Breakfast and Lunch are served with Milk. Snack is
served with Water
-Grains are Whole Wheat or Brown if not specified
-Vegetarian options are listed within ()
-Substitutions for age-appropriate accommodations
are listed within * *