

# Sample Menu

SMART CHOICE. SMARTER CHILD.®

**We are a Nut-Free and Pork-Free School!** Milk is served with breakfast and lunch; water is also available to children throughout the day and at all meal and snack times. Infants - 24 months will be served whole milk. Children 2 years and older will be served 2% milk. Vegan options are provided at meal and snack times for children that do not eat meat.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1	2	3	4	5
<b>Breakfast</b>	Cheerios, Pineapple	Bagels, Strawberries	Vanilla Yogurt, Blueberries	Ritz Crackers, SunButter	Sliced Apples, Animal Crackers
<b>Lunch</b>	Cheese Ravioli with Marinara Sauce, Peas, Unsweetened Applesauce	Chicken Alfredo, Green Beans, Mixed Fruit	Chicken Nuggets, Diced Carrots, Pears	Bean & Cheese Burrito, Broccoli & Cauliflower, Peaches	Tuna Casserole, Mixed Veggies, Mandarin Oranges
<b>PM Snack</b>	Graham Crackers, SunButter	Wheat Thins, String Cheese	Trail Mix, Tropical Fruit	Banana Muffin, Pineapple	Cheese Cubes, Crackers
Week 2	8	9	10	11	12
<b>Breakfast</b>	Waffles, Banana	Vanilla Yogurt, Peaches	Biscuits, Strawberries	French Toast Sticks, Apples	Pancakes, Turkey Sausage
<b>Lunch</b>	Fish Sticks, Peas, Pineapple	Chicken & Noodles, Green Beans, Mixed Fruit	Turkey & Cheese Roll-up, Broccoli & Cauliflower, Mandarin Oranges	Cheese Pizza, Mixed Veggies, Blueberries	Spaghetti with Beef, Diced Carrots, Pears
<b>PM Snack</b>	Vanilla Wafers, String Cheese	Sweet Potato Crackers, SunButter	Crackers, Mixed Fruit	Pretzels, Tropical Fruit	Shortbread Cookies, Sliced Cheese
Week 3	15	16	17	18	19
<b>Breakfast</b>	Bagels, Banana	Animal Crackers, Tropical Fruit	Buttered Toast, Mandarin Oranges	Blueberry Muffins, Unsweetened Applesauce	Cheerios, Pineapple
<b>Lunch</b>	BBQ Chicken Sandwich, Diced Carrots, Pears	Turkey & Cheese Sandwich, Mixed Veggies, Mixed Fruit	Chicken & Rice, Peas, Strawberries	Chili Mac, Green Beans, Peaches	Chicken Nuggets, Cauliflower, Peaches
<b>PM Snack</b>	Vanilla Wafers, SunButter	Crackers, Blueberries	Graham Crackers, Cheese	Goldfish, Pears	Sweet Potato Crackers, Sliced Cheese
Week 4	22	23	24	25	26
<b>Breakfast</b>	French Toast Sticks, Bananas	Pancakes, Blueberries	Vanilla Yogurt, Granola	Turkey Sausage, Crackers	Banana Muffin, Mixed Fruit
<b>Lunch</b>	Cheese Sandwich, Mixed Veggies, Unsweetened Applesauce	Spanish Rice & Beans, Peas, Peaches	Hamburger, Green Beans, Mixed Fruit	Beef & Noodles, Cauliflower, Tropical Fruit	Turkey & Cheese Roll-up, Diced Carrots, Pears
<b>PM Snack</b>	Pretzels, SunButter	Cereal, Cheese Cubes	Sliced Apples, Cheez-its	Animal Crackers, SunButter	Crackers, Pineapple

Any special diets for food allergies must be provided by the family and accompanied with a physician's note. No food shall be brought in for your child or the class without prior approval from the administration. Please see a member of the administrative team if your child has special dietary needs.