

Sample Menu 2024

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios, Bananas and Milk	Cinnamon Rolls, Diced Peaches, and Milk	Bagels with Cream Cheese, Mandarin Oranges, and Milk	Scrambled Eggs, Orange Slices, and Milk	Oatmeal with Blueberries, and Milk
Snack AM	Granola Bar and Milk	Fresh Fruit and 100% Apple Juice	Special K Bars and Milk	Yogurt Smoothies with Mixed Berries, and Water	Craisins, Belvita Bar, and Water
Lunch	Pizza, Corn, Applesauce, and Milk	Ravioli, Mixed Vegetables, Diced Pears, and Milk	Sun butter and Jelly Sandwiches, Veggie Straws, Mixed Fruit, and Milk	Sloppy Joes on a Whole Wheat Bun, Greenbeans, and Pineapple Tidbits, and Milk	Broccoli and Cheese Casserole, Diced Peaches, and Milk
Snack PM	Cheez-its and 100% Apple Juice	Graham Crackers, Apple Sauce Cups, and Water	Ritz Crackers with Cheese Slices and Water	Pudding Cups with Vanilla Wafers and Water	Carrots with Ranch and Water
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Crispy cereal, Bananas, and Milk	Mini Pancakes, Turkey Sausage, Oranges, and Milk	Biscuits with Grape Jelly, Applesauce, and Milk	Egg and Cheese Omelets, Diced Peaches, and Milk	Yogurt, Diced Peaches and Milk
Snack AM	Fig Newton Bar and Milk	Mixed Fruit, Quacker Oat Bar, and Water	Fresh Fruit and 100% Apple Juice	Blueberry Muffins and Milk	Breakfast Danish and Milk
Lunch	Chicken Nuggets, Corn, Diced Peaches, Milk	Chicken Alfredo, Green beans, Pears and Milk	Mini Chicken Tacos, Black Beans, Mandarin Oranges and Milk	Mac and Cheese, Mixed Vegetables, Applesauce, and Milk	Turkey and Cheese Sliders, Peas, Mixed Fruit, and Milk
Snack PM	Hummus with Pita Bread, and Water	Warm Chocolate Chip Cookies with Milk	Strawberry Chex Mix and 100% Apple Juice	Cheese Sticks, Raisins and Water	Rice Cakes and 100% Juice
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chex Cereal, Bananas, and Milk	Breakfast Pizza, Peaches, and Milk	French Toast Sticks, Oranges, and Milk	Biscuits with Gravy, Pears and Milk	Protein Breakfast Round, Applesauce and Milk
Snack AM	Fruit Cup and 100% Juice	Mini Cinnamon Roll and Milk	Cheese Stick and 100% Apple Juice	Nutrigrain Bar and 100% Apple Juice	Fresh Fruit and 100% Apple Juice
Lunch	Chicken Salad on Club Crackers, Cucumber Slices, and Apple Slices	Baked Spaghetti, Corn, Pears, and Milk	Garlic Chicken Stir Fry, Mixed Fruit, and Milk	Cheeseburger on a Whole Wheat Bun, Baked Beans, Peaches, and Milk	BBQ Chicken, Green Beans, Orange Slices, and Milk
Snack PM	Cheese Cubes, Turkey Circles and Water	Pirates Booty, Craisins and Water	Apple Slices with Caramel Dip and Water	Goldfish and 100% Apple Juice	Animal Crackers, Apple Sauce Cups and Water
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal, Bananas, and Milk	Grits, Turkey Sausage, Orange Slice, and Milk	Cinnamon Raisin Bread, Apple Sauce and Milk	Sausage and Egg Flatbread, Diced Peaches, and Milk	Whole Grain English Muffin with Jelly, Mixed Fruit and Milk
Snack AM	Fruit and Oat Muffin and Milk	Go-Gurts and Milk	Fresh Fruit and 100% Apple Juice	Fruit Strip and 100% Apple Juice	
Lunch	Mac 'N' Cheese Bites, Peas, Mixed Fruit and Milk	Chicken Taquitos, Corn, Diced Peaches, and Milk	Fish Sticks, Green Beans, Apple Sauce and Milk	Vegetable Lasagna, Pears and Milk	Five Cheese Tortelli, Salad, Mandarins, and Milk
Snack PM	Maple Waffle Snaps and 100% Apple Juice	Nan Bread with Guacamole and Water	Blueberry Lemon Crisps and 100% Apple Juice	Cucumber Slices with Ranch and Water	Rice Crispy Treats and 100% Apple Juice

- Children 1 and younger are served whole milk
- Children 1 and older are served 1% milk