

School Menu – 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chex Cereal w/ Milk Oranges	Biscuit w/ Sugar Free Jelly Apple Slices	Bagels w/ Cream Cheese Applesauce	Beef Kolaches Pineapple	Pancakes w/ Sugar Free Syrup Bananas
AM	Applesauce Vanilla Grahams	Kix Cereal Milk	Cut Cheese Ritz Crackers	Seasonal Fruit Yogurt	Veggie Straws Juice
Lunch	Alfredo Noodles Green Beans, Apple Slices	Fish Nuggets, Peas, Seasonal Fruit	Spanish Rice w/ Chicken Corn, Oranges	Chicken Sandwich Sweet Potatoes Tots Bananas	Pizza Casserole Mix Veg, Apple Slices
<i>Vegetarian</i>		<i>Vegan Nuggets</i>	<i>Mozzarella Stick w/ Rice</i>	<i>Grilled Cheese Sandwich</i>	<i>Noodles w/ Marinara Sauce</i>
PM	Carrot w/ Ranch Roasted Veggie Crackers	Snack Mix Juice	Granola Bar Yogurt	Fruit Smoothies	Bananas Goldfish
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Carrot Muffins Oranges	French Toast w/ Sugar Free Syrup, Sausage, Melon	Cheese Egg Omelet Biscuit w/ Sugar Free Jelly Applesauce	Cheerios w/ Milk Seasonal Fruit	Pancake Wrapped Sausage Apple Slices
AM	Seasonal Fruit Vanilla Grahams	Cut Cheese Ritz Crackers	Yogurt Vanilla Wafers	Granola Bar Seasonal Fruit	Chez-its Banana
Lunch	Grilled Cheese Sandwich Carrots, Melon	Chicken Nuggets Green Beans, Seasonal Fruit	Corn Dogs Corn, Apples	BBQ Beef Sandwiches Peas&Carrots, Bananas	Spaghetti w/ Meat Sauce Mix Veg, Oranges
<i>Vegetarian</i>		<i>Vegan Nuggets</i>	<i>Vegan Nuggets</i>	<i>Grilled Cheese Sandwich</i>	<i>Noodles w/ Marinara Sauce</i>
PM	Veggie Pasta Salad	Fruit and Yogurt Parfait	Wheat Thin Crackers Cream Cheese	Applesauce Cheese Crackers	Mozzarella Stick Roasted Veg. Crackers
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal w/ Milk Oranges	Waffles w/ Sugar Free Syrup Cheese Omelet, Melon	Cheese Sausage Apples	Bagel w/ Cream Cheese Seasonal Fruit	Blueberry Muffin Oranges
AM	Granola Bar Seasonal Fruit	Mozzarella Stick Wheat Thins	Morning Pizza (Cream Cheese Fruit)	Applesauce Vanilla Grahams	Animal Crackers Orange Slices
Lunch	Hot Dogs Carrots, Melon	Bean Cheese Taco Corn, Oranges	Cheese Pizza Peas&Carrots, Seasonal Fruit	Cheese Burger Sweet Potato Tots, Bananas	Mac&Cheese Mix Veg, Apples
<i>Vegetarian</i>	<i>Vegan Nuggets</i>			<i>Veggie Patties</i>	
PM	Yogurt Snack Mix Cucumbers	Vanilla Wafer Sweet Salsa	Snack Mix Carrots w/Ranch	Popcorn Oranges	Chex Cereal Milk
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles w/ Sugar Free Syrup Sausage, Peaches	Pancake Wrapped Sausage Melon	French Toast w/ Strawberries	Buttered Toast, Cheese Omelet, Apples	Blueberry Muffin Yogurt, Bananas
AM	Cheerios w/ Milk	Mozzarella Sticks Cheez-its	Granola Bar Tootie Fruity Salad	Banana Goldfish	Fruit Smoothies
Lunch	Cheese Ravioli Green Beans, Oranges	Turkey Nuggets Carrots, Apples	Ham or Turkey Sub Sandwich Peas&Carrots, Seasonal Fruit	Salisbury Steak Rice, Corn, Bananas	Chicken Strips Mash Potatoes, Mix Veg, Bananas
<i>Vegetarian</i>		<i>Vegan Nuggets</i>	<i>Grilled Cheese Sandwich</i>	<i>Mozzarella Sticks</i>	<i>Vegan Nuggets</i>
PM	Fruit and Yogurt Parfait	Snack Mix Juice	Cut Cheese Ritz Crackers	Veggie Pasta Salad	Old School Pizza (Marinara and Cheese)

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Milk is served with breakfast and lunch; water is also available to the children throughout the day.

Infants- 24 months will be served whole milk. Children 2 years and up will be served 1%

****Appropriate substitutions will be made for the Toddler and Twos***

We are a Peanut- Free environment!

All fresh fruits are seasonal

All of our Pasta, Pizza, Snack Crackers, and Breaded Items are Whole Wheat.