

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>B: Pancakes, Cereal, Fruit L: Turkey Corndogs, Steamed Broccoli with Cheese, and Fruit (Vegetarian: Plant-Based Chik'n Nuggets) Snacks: AM– Whole Grain Cinnamon Bug-Bite Crackers PM– Apple Slices and Pretzel Twists</p>	<p>2</p> <p>B: French Toast, Cereal, Fruit L: Bowtie Pasta with Chicken Alfredo Sauce, Steamed Peas & Carrots, and Fruit (Vegetarian: Alfredo Pasta; Lactose Free: Pasta with Chicken) Snacks: AM– Apple Sauce and Grahams PM– Cheez'its and Carroteenies with Ranch (Cheez'its and Berries for Young Toddlers)</p>	<p>3</p> <p>B: Biscuit with Jelly, Cereal, Fruit L: Turkey Enchiladas, Steamed Corn, and Fruit (Vegetarian: Bean Enchiladas) Snacks: AM– Strawberry Grahams PM– Yogurt and Berries</p>	<p>4</p> <p>B: Bagels with Cream Cheese, Cereal, Fruit L: Fish Sticks, Steamed Green Beans, and Fruit (Vegetarian: Plant-Based F'sh Filets) Snacks: AM– Apple Cinnamon Grahams PM– Goldfish With Oranges (Goldfish and Apple Sauce for Young Toddlers)</p>	<p>5</p> <p>B: Cereal, Oatmeal, Fruit L: Beef Baked Ziti, Steamed Vegetables, and Fruit (Vegetarian: Baked Ziti with Plant-Based Ground Be'f) Snacks: AM– Banana and Vanilla Wafers PM– Trail Mix (Cheerios and Goldfish for Young Toddlers)</p>
<p>8</p> <p>B: Pancakes, Cereal, Fruit L: Beef and Cheese Ravioli, Steamed Green Beans, and Fruit (Vegetarian: Cheese Ravioli; Lactose Free: Pasta with Tomato Meat Sauce) Snacks: AM– Strawberry Grahams PM– Vanilla Dino Grahams</p>	<p>9</p> <p>B: French Toast, Cereal, Fruit L: White Chicken Breast and Spanish Brown Rice, Steamed Peas and Carrots, and Fruit (Vegetarian: Spanish Rice with Plant-Based Chik'n) Snacks: AM– Apple Sauce and Grahams PM– Pretzel Twists and Humus (Crackers and Hummus for Young Toddlers)</p>	<p>10</p> <p>B: Biscuit with Jelly, Cereal, Fruit L: Beef Meatballs with Gravy and Brown Rice, Steamed Carrots, and Fruit (Vegetarian: Plant-Based Meatballs with Gravy and Brown Rice) Snacks: AM– Yogurt with Granola (Yogurt and Berries for Young Toddlers) PM– Wheat Crackers and Cheese Slices</p>	<p>11</p> <p>B: Bagels with Cream Cheese, Cereal, Fruit L: Mini Chicken Tenders, Steamed Green Beans, and Fruit (Vegetarian: Plant-Based Tenders) Snacks: AM– Apple Cinnamon Grahams PM– Vanilla Pudding and Wafers</p>	<p>12</p> <p>B: Cereal, Oatmeal, Fruit L: Hamburger, Garden Salad/ Steamed Vegetables, and Fruit (Vegetarian: Plant-Based Burger) Snacks: AM– Banana and Wheat Crackers PM– Fresh Baked Oatmeal Raisin Cookies (Blueberry Muffins for Young Toddlers)</p>
<p>15</p> <p>B: Pancakes, Cereal, Fruit L: Whole Wheat Spaghetti with Meat Sauce, Steamed Veggies, and Fruit (Vegetarian: Spaghetti with Plant-Based Be'f Sauce) Snacks: AM– Apple Sauce and Grahams PM– Goldfish and Oranges (Berries for Young Toddlers)</p>	<p>16</p> <p>B: French Toast, Cereal, Fruit L: Turkey Chili with Beans, Steamed Corn, Wheat Saltine Crackers, and Fruit (Vegetarian: Bean Chili) Snacks: AM– Strawberry Grahams PM– Cheez'its and Carroteenies with Ranch (Cheez'its and Berries for Young Toddlers)</p>	<p>17</p> <p>B: Biscuit with Jelly, Cereal, Fruit L: Bowtie Pasta with Chicken Alfredo Sauce, Steamed Peas & Carrots, and Fruit (Vegetarian: Alfredo Pasta; Lactose Free: Pasta with Chicken) Snacks: AM– Apple Cinnamon Grahams PM– Pretzel Twists and Cheese Cubes (Wheat Crackers and Cheese for Young Toddlers)</p>	<p>18</p> <p>B: Bagels with Cream Cheese, Cereal, Fruit L: Turkey Corndogs, Steamed Broccoli with Cheese, and Fruit (Vegetarian: Plant-Based Chik'n Nuggets) Snacks: AM– Trail Mix (Cheerios and Goldfish for Young Toddlers) PM– Animal Crackers and Apple Slices (Animal Crackers and Apple Sauce for Young Toddlers)</p>	<p>19</p> <p>B: Cereal, Oatmeal, Fruit L: Turkey and Cheese Sandwich, Cucumber Slices, and Fruit (Vegetarian: Grilled Cheese) Snacks: AM– Yogurt with Granola (Yogurt and Berries for Young Toddlers) PM– Banana and Wheat Crackers</p>
<p>22</p> <p>B: Pancakes, Cereal, Fruit L: Fish Sticks, Steamed Green Beans, and Fruit (Vegetarian: Plant-Based F'sh Filets) Snacks: AM– Vanilla Dino Grahams PM– Wheat Soft Pretzel with Cheese</p>	<p>23</p> <p>B: French Toast, Cereal, Fruit L: Turkey Enchiladas, Steamed Corn, and Fruit (Vegetarian: Bean Enchiladas) Snacks: AM– Apple Sauce and Grahams PM– Whole Grain Cinnamon Bug-Bite Crackers and Pudding</p>	<p>24</p> <p>B: Biscuit with Jelly, Cereal, Fruit L: Beef Macaroni and Cheese, Steamed Green Beans, and Fruit (Vegetarian: Plant-Based Be'f Macaroni and Cheese; Lactose Free: Beef Macaroni) Snacks: AM– Strawberry Grahams PM– Trail Mix (Cheerios and Goldfish for Young Toddlers)</p>	<p>25</p> <p>B: Bagels with Cream Cheese, Cereal, Fruit L: Mini Chicken Tenders, Steamed Corn, and Fruit (Vegetarian: Plant-Based Tenders) Snacks: AM– Apple Cinnamon Grahams PM– Vanilla Teddy Bear Crackers and Banana</p>	<p>26</p> <p>B: Cereal, Oatmeal, Fruit L: Cheese/Pepperoni Pizza, Garden Salad/Steamed Vegetables, Fruit (Lactose Free: Veggie Nuggets) Snacks: AM–Yogurt with Granola (Yogurt and Berries for Young Toddlers) PM– Fresh Baked Oatmeal Raisin Cookies (Blueberry Muffins for Young Toddlers)</p>
<p>29</p> <p>B: Pancakes, Cereal, Fruit L: Beef and Cheese Ravioli, Steamed Green Beans, and Fruit (Vegetarian: Cheese Ravioli; Lactose Free: Pasta with Tomato Meat Sauce) Snacks: AM– Yogurt with Granola (Yogurt and Berries for Young Toddlers) PM– Goldfish With Oranges (Goldfish and Apple Sauce for Young Toddlers)</p>	<p>30</p> <p>B: French Toast, Cereal, Fruit L: White Chicken Breast and Spanish Brown Rice, Steamed Peas and Carrots, and Fruit (Vegetarian: Spanish Rice with Plant-Based Chik'n) Snacks: AM– Apple Sauce and Grahams PM– Cheez'its and Carroteenies with Ranch (Cheez'its and Berries for Young Toddlers)</p>	<p>1</p> <p>B: Biscuit with Jelly, Cereal, Fruit L: Turkey Chili with Beans, Steamed Corn, Wheat Saltine Crackers, and Fruit (Vegetarian: Bean Chili) Snacks: AM– Apple Cinnamon Grahams PM– Apple Slices and Pretzel Twists (Berries and Yogurt for Young Toddlers)</p>	<p>2</p> <p>B: Bagels with Cream Cheese, Cereal, Fruit L: Turkeydog on Wheat Bun, Cucumber Slices/Steamed Vegetables, and Fruit (Vegetarian: Grilled Cheese) Snacks: AM– Strawberry Grahams PM– Animal Crackers and Banana</p>	<p>3</p> <p>B: Cereal, Oatmeal, Fruit L: Whole Wheat Spaghetti with Meat Sauce, Steamed Carrots, and Fruit (Vegetarian: Spaghetti with Plant-Based Be'f Sauce) Snacks: AM–Banana and Vanilla Wafers PM– Trail Mix (Cheerios and Goldfish for Young Toddlers)</p>

We serve whole grain products, fresh fruit and vegetables, and no canned food.

Cereals served: Corn Flakes, Cheerios, Captain Crunch

Fresh fruits served: Apples, Bananas, Oranges, Pineapple, Cantaloupe, Melons, Strawberries, Blueberries

Cold milk served at breakfast and lunch; water with every meal.