

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Continental Snack</p> <p>Turkey & Brown Bean Saucy Joes on Whole Wheat buns Rainbow Coleslaw Pears</p> <p>Veggie Platter & Dip</p>	<p>Continental Snack</p> <p>Broccoli & Cheese Casserole with chickpeas Whole Wheat Bread Apples</p> <p>Spinach Dip & Pumpernickel Bread</p>	<p>Continental Snack</p> <p>Black Bean & Beef Tacos [grated cheese, tomatoes, Sour cream & salsa] Whole wheat wraps Corn Orange</p> <p>Yogurt Tubes & Seasonal Fruit</p>	<p>Continental Snack</p> <p>Sweet & Sour Chicken Oven Fried Rice Peas & Carrots Grapes</p> <p>Croissants & Applesauce</p>	<p>Continental Snack</p> <p>Egg Salad Sandwiches Cheese Cubes Cucumber Slices Bananas</p> <p>Banana Muffins & Seasonal Fruit</p>
<p>Continental Snack</p> <p>Chicken Pasta Caesar Salad Whole Wheat garlic bread Carrot Sticks Seasonal Fruit</p> <p>Pepper Sticks & Whole Wheat Pita</p>	<p>Continental Snack</p> <p>Hummus/Ranch Veggie Wraps Couscous Salad with tomatoes & Cucumbers Seasonal Fruit</p> <p>Cream Cheese, Melba Toast, Apples</p>	<p>Continental Snack</p> <p>Tuna melts on whole wheat Naan bread Cooked Peas Bananas</p> <p>Veggie Platter & Hummus</p>	<p>Continental Snack</p> <p>Whole Wheat Spaghetti with vegetables & lentils Garden Salad Green Beans Oranges</p> <p>Fruit Salsa & Cinnamon Pita</p>	<p>Continental Snack</p> <p>Tomato Soup Grilled Cheese Sandwiches Rainbow Peppers Pears</p> <p>Apple Cinnamon Muffins & Seasonal Fruit</p>
<p>Continental Snack</p> <p>Whole Wheat Pumpkin French Toast Brown Beans Cooked Carrots Seasonal Fruit</p> <p>Mixed Berry Granola Bars & Apples</p>	<p>Continental Snack</p> <p>Fish on a bun Rainbow Coleslaw Homemade Dill Dip Seasonal Fruit</p> <p>Yogurt with Homemade Granola & Fruit</p>	<p>Continental Snack</p> <p>Black Bean & Chicken Fajitas whole wheat tortillas Green Beans Apples</p> <p>Cheese, Crackers, & Cucumber Slices</p>	<p>Continental Snack</p> <p>Greek Turkey & Rice Casserole Cooked Mixed Veggies Pears</p> <p>Breadsticks & Black Bean Avocado Salsa Dip</p>	<p>Continental Snack</p> <p>Beef Bolognese Sauce with Peppers & mushrooms Whole wheat pasta Garlic Toast Oranges</p> <p>Picnic Mix & Seasonal Fruit</p>
<p>Continental Snack</p> <p>Veggie & Bean Quesadilla with Cheese Corn Apples</p> <p>Melba Toast, Cream Cheese & Cucumbers</p>	<p>Continental Snack</p> <p>Ground Beef & Rice Casserole Rainbow Pepper Sticks Seasonal Fruit</p> <p>Blueberry Butter & Mini Bagels</p>	<p>Continental Snack</p> <p>Whole Wheat Pumpkin Macaroni & Cheese Peas & Carrots Seasonal Fruit</p> <p>Social Tea Cookies & Fruit</p>	<p>Continental Snack</p> <p>Veggie Pizza (chickpeas, peppers, onions) on whole wheat Naan Zucchini Oranges</p> <p>Cheese Cubes, Crackers & Fresh Fruit</p>	<p>Continental Snack</p> <p>Whole Wheat Cheese Ravioli with Rose sauce Cooked Cauliflower, Broccoli & Carrots Pears</p> <p>Applesauce & Whole Wheat Pita</p>

◆Daily Continental Snack may consist of the following: cereal, variety of bread, fruit, waffles, cheese, muffins, etc.

◆Milk (2% for Preschool and 3.5% for Infant and Toddler)

◆Water will be served during lunch & at snack.

◆Fresh Fruit Basket available all day

◆All Bread and Pasta served will be whole grain.