



## SPRING & SUMMER WEEK 1 MENU

Infants or children with allergies may write the child's name on the menu and CIRCLE items the child MAY eat and turn into your location's Kitchen Manager.

| Monday                                                  | Tuesday                                          | Wednesday                                          | Thursday                                     | Friday                                                               |
|---------------------------------------------------------|--------------------------------------------------|----------------------------------------------------|----------------------------------------------|----------------------------------------------------------------------|
| <b>BREAKFAST</b>                                        |                                                  |                                                    |                                              |                                                                      |
| Hot or Cold Cereal<br>Fruit<br>Milk                     | Raisin Toast<br>Fruit<br>Milk                    | English Muffins w/ Jam<br>Fruit<br>Milk            | Yogurt w/ Granola<br>Fruit<br>Milk           | Oatmeal Squares<br>Fruit<br>Milk                                     |
| <b>AM SNACK</b>                                         |                                                  |                                                    |                                              |                                                                      |
| Whole Grain Belvita Biscuit<br>Orange Slices<br>Water   | Muffins<br>Bananas<br>Water                      | Fig Bars<br>Apple Slices<br>Water                  | Fresh Fruit<br>Oatmeal Squares<br>Water      | Fruit/Grain Bar<br>Sliced Peaches<br>Water                           |
| <b>HEALTHY LUNCH</b>                                    |                                                  |                                                    |                                              |                                                                      |
| Turkey & Cheese Sandwiches<br>Corn<br>Pineapple<br>Milk | Mac & Cheese<br>Mixed Veggies<br>Peaches<br>Milk | Dino Nuggets<br>Green Beans<br>Fresh Fruit<br>Milk | Pasta<br>Carrots<br>Mandarin Oranges<br>Milk | Pinto Beans w/ Rice<br>Rolls<br>Green Peas<br>Tropical Fruit<br>Milk |
| <b>PM SNACK</b>                                         |                                                  |                                                    |                                              |                                                                      |
| String Cheese<br>Sliced Turkey<br>Water                 | Goldfish<br>Sliced Pineapple<br>Water            | Gogurt<br>Granola<br>Water                         | Cucumber Slices<br>Watermelon<br>Water       | Whole Grain Crackers<br>Cheese Slices<br>Water                       |



## SPRING & SUMMER WEEK 2 MENU

Infants or children with allergies may write the child's name on the menu and CIRCLE items the child MAY eat and turn into your location's Kitchen Manager.

| Monday               | Tuesday                | Wednesday             | Thursday                         | Friday                    |
|----------------------|------------------------|-----------------------|----------------------------------|---------------------------|
| <b>BREAKFAST</b>     |                        |                       |                                  |                           |
| Oatmeal              | Cinnamon Toast         | Bagels & Cream Cheese | Cheese Toast                     | Muffins                   |
| Fruit                | Fruit                  | Fruit                 | Fruit                            | Fruit                     |
| Milk                 | Milk                   | Milk                  | Milk                             | Milk                      |
| <b>AM SNACK</b>      |                        |                       |                                  |                           |
| Cereal & Fruit       | Fresh Fruit & Fig Bars | Muffins & Melons      | Graham Crackers & Yogurt         | Fruit/Grain Bar & Bananas |
| Water                | Water                  | Water                 | Water                            | Water                     |
| <b>HEALTHY LUNCH</b> |                        |                       |                                  |                           |
| Fish Sticks          | Chicken Salad          | Mac & Cheese          | Cheese Pizza                     | BBQ Chicken Meatballs     |
| Mixed Veggies        | Green Beans            | Fresh Veggie Salad    | Peas & Carrots                   | Corn                      |
| Diced Pears          | Tropical Fruit         | Peaches               | Fresh Fruit                      | Pineapple                 |
| Milk                 | Milk                   | Milk                  | Milk                             | Milk                      |
| <b>PM SNACK</b>      |                        |                       |                                  |                           |
| Goldfish Crackers    | Gogurt                 | Veggie Straws         | Fresh Carrots/Boiled w/<br>Ranch | Whole Grain Crackers      |
| Watermelon           | Granola                | Sliced Peaches        | Orange Slices                    | Sliced Cheese             |
| Water                | Water                  | Water                 | Water                            | Water                     |



## SPRING & SUMMER WEEK 3 MENU

Infants or children with allergies may write the child's name on the menu and CIRCLE items the child MAY eat and turn into your location's Kitchen Manager.

| Monday                                                      | Tuesday                                              | Wednesday                              | Thursday                                                 | Friday                                  |
|-------------------------------------------------------------|------------------------------------------------------|----------------------------------------|----------------------------------------------------------|-----------------------------------------|
| <b>BREAKFAST</b>                                            |                                                      |                                        |                                                          |                                         |
| Hot or Cold Cereal<br>Fruit<br>Milk                         | Raisin Toast<br>Fruit<br>Milk                        | English Muffin w/ Jam<br>Fruit<br>Milk | Yogurt & Granola<br>Fruit<br>Milk                        | Oatmeal Squares<br>Fruit<br>Milk        |
| <b>AM SNACK</b>                                             |                                                      |                                        |                                                          |                                         |
| Belvita Biscuit & Bananas<br>Water                          | Fresh Fruit & Muffins<br>Water                       | Fig Bars & Apple Slices<br>Water       | Graham Crackers & Yogurt<br>Water                        | Fruit/Grain Bar & Melons<br>Water       |
| <b>HEALTHY LUNCH</b>                                        |                                                      |                                        |                                                          |                                         |
| Asian Chicken w/ Rice<br>Mixed Veggies<br>Pineapple<br>Milk | Cheese Ravioli<br>Green Beans<br>Fresh Fruit<br>Milk | Chili Mac<br>Peas<br>Pears<br>Milk     | Chicken Tenders<br>Peas & Carrots<br>Fresh Fruit<br>Milk | Taquitos<br>Corn<br>Peaches<br>Milk     |
| <b>PM SNACK</b>                                             |                                                      |                                        |                                                          |                                         |
| Gogurt<br>Granola<br>Water                                  | Sliced Cheese<br>Sliced Pineapple<br>Water           | Cheese-Itz<br>Pears<br>Water           | Veggie Straws<br>Watermelon<br>Water                     | Ritz Crackers<br>Sliced Turkey<br>Water |



## SPRING & SUMMER WEEK 4 MENU

Infants or children with allergies may write the child's name on the menu and CIRCLE items the child MAY eat and turn into your location's Kitchen Manager.

| Monday                                             | Tuesday                                        | Wednesday                                        | Thursday                                | Friday                                                |
|----------------------------------------------------|------------------------------------------------|--------------------------------------------------|-----------------------------------------|-------------------------------------------------------|
| <b>BREAKFAST</b>                                   | <b>BREAKFAST</b>                               | <b>BREAKFAST</b>                                 | <b>BREAKFAST</b>                        | <b>BREAKFAST</b>                                      |
| Oatmeal<br>Fruit<br>Milk                           | Apple Cinnamon Toast<br>Fruit<br>Milk          | Bagel w/ Cream Cheese<br>Fruit<br>Milk           | Cheese Toast<br>Fruit<br>Milk           | Muffins<br>Fruit<br>Milk                              |
| <b>AM SNACK</b>                                    | <b>AM SNACK</b>                                | <b>AM SNACK</b>                                  | <b>AM SNACK</b>                         | <b>AM SNACK</b>                                       |
| Cereal & Fruit<br>Water                            | Fresh Fruit & Fig Bars<br>Water                | Muffins & Bananas<br>Water                       | String Cheese & Apple Slices<br>Water   | Fruit/Grain Bar & Melon<br>Water                      |
| <b>HEALTHY LUNCH</b>                               | <b>HEALTHY LUNCH</b>                           | <b>HEALTHY LUNCH</b>                             | <b>HEALTHY LUNCH</b>                    | <b>HEALTHY LUNCH</b>                                  |
| Fish Sticks<br>Peas & Carrots<br>Pineapple<br>Milk | Cheese Pizza<br>Mixed Veggies<br>Fruit<br>Milk | Grilled Cheese<br>Carrots<br>Diced Pears<br>Milk | Pasta<br>Green Beans<br>Fruit<br>Milk   | Swedish Meatballs<br>Corn<br>Mandarin Oranges<br>Milk |
| <b>PM SNACK</b>                                    | <b>PM SNACK</b>                                | <b>PM SNACK</b>                                  | <b>PM SNACK</b>                         | <b>PM SNACK</b>                                       |
| Gogurt<br>Granola<br>Water                         | Whole Grain Crackers<br>Sliced Turkey<br>Water | Goldfish<br>Watermelon<br>Water                  | Veggie Straws<br>Sliced Cheese<br>Water | Pretzel Thins<br>Pears<br>Water                       |



## SPRING & SUMMER WEEK 5 MENU

Infants or children with allergies may write the child's name on the menu and CIRCLE items the child MAY eat and turn into your location's Kitchen Manager.

| Monday                                         | Tuesday                                                 | Wednesday                                       | Thursday                                        | Friday                                                        |
|------------------------------------------------|---------------------------------------------------------|-------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------|
| <b>BREAKFAST</b>                               |                                                         |                                                 |                                                 |                                                               |
| Hot or Cold Cereal<br>Fruit<br>Milk            | Raisin Toast<br>Fruit<br>Milk                           | English Muffin & Jam<br>Fruit<br>Milk           | Yogurt & Granola<br>Fruit<br>Milk               | Oatmeal Squares<br>Fruit<br>Milk                              |
| <b>AM SNACK</b>                                |                                                         |                                                 |                                                 |                                                               |
| Fig Bars & Orange Slices<br>Fruit<br>Water     | Fresh Fruit & Muffins<br>Fruit<br>Water                 | Belvita & Bananas<br>Water                      | Oatmeal Squares & Apple Slices<br>Water         | Fruit/Grain Bar & Fruit<br>Water                              |
| <b>HEALTHY LUNCH</b>                           |                                                         |                                                 |                                                 |                                                               |
| Pizzadilla<br>Mixed Veggies<br>Peaches<br>Milk | Cheese Tortellini<br>Green Beans<br>Fresh Fruit<br>Milk | Chicken Tenders<br>Carrots<br>Pineapple<br>Milk | Chili Mac<br>Green Beans<br>Fresh Fruit<br>Milk | Turkey & Cheese Sandwiches<br>Peas & Carrots<br>Pears<br>Milk |
| <b>PM SNACK</b>                                |                                                         |                                                 |                                                 |                                                               |
| Animal Crackers<br>Melon<br>Water              | Veggie Straws<br>Sliced Turkey<br>Water                 | Gogurt<br>Granola<br>Water                      | Goldfish<br>Watermelon<br>Water                 | Whole Grain Ritz<br>Sliced Cheese<br>Water                    |