

WEEK 1	MORNING SNACK	LUNCH	AFTERNOON SNACK
MONDAY	Greek Yogurt Parfait Served With Seasonal Fresh Fruit and Homemade Granola Water	Spaghetti and Home Made Turkey Meatballs Served With Garden Salad Seasonal Fresh Fruit Milk V=Spaghetti With Tomato Sauce & Garden Salad	Crackers and Cheese Served With Grapes Water
TUESDAY	Homemade Apple Sauce Served With Cinnamon Raisin Toast Seasonal Fresh Fruit Water	Creamy Chicken & Rice Soup Served With Warm Butter Croissant Seasonal Fresh Fruit Milk V= Lemon Rice Soup	Apple Slices Served With A Sweet Cracker and Caramel Dip Water
WEDNESDAY	Pumpkin Pancakes Served With 100% Maple Syrup and Seasonal Fresh Fruit Water	Lemon & Dill Fish Served With Broccoli Seasonal Fresh Fruit Milk	Zucchini "Fries" Served With Home Made Ranch Sauce Water V= Cheese Pizza Roll-Ups
THURSDAY	Homemade Quiche Served With Seasonal Fresh Fruit Water	Sausage & Roasted Vegetable Bake Served With Seasonal Fresh Fruit Milk V= Quinoa Stuffed Peppers	Butter Tart Bars Served With Fresh Fruit Water
FRIDAY	Bagels with Pumpkin Cream Cheese Served With Seasonal Fresh Fruit Water	Spinach and Cheese Quesadillas Served With Sweet Potato Fries Seasonal Fresh Fruit Milk	Warm Apple Crisp with Granola Topping Served With Water

*We serve cow's milk, soy milk, goat milk, gluten free, dairy free, and vegetarian options *we serve fresh fruit for early morning, late afternoon & bedtime snacks

WEEK 2	MORNING SNACK	LUNCH	AFTERNOON SNACK
MONDAY	Cranberry and Cinnamon Oatmeal Served With Seasonal Fresh Fruit Water	Orecchiette Pasta With Sausage & Rapini Served With Fresh Fruit Salad Milk	Ham & Cheese Rollup Served With Fresh Fruit Water V=Assortment of cheeses and crackers
TUESDAY	Warmed Scones Served With Apple Butter Water	Tomato & Orzo Soup Served With Open Faced Grilled Cheese Seasonal Fresh Fruit Milk	Vegetable Sticks & Naan Pita Served With Spinach Dip Water
WEDNESDAY	Cinnamon French Toast Served With 100% Maple Syrup and Seasonal Fresh Fruit Water	Tuna Melt Sandwiches Served With Tomato & Cucumber Salad with Balsamic Glaze Seasonal Fresh Fruit Milk V= Veggie & Cheese Wraps	Fresh Garden Salsa Served With Pita Chips Fresh fruit Water
THURSDAY	Egg and Vegetable Bake Served With Toast & Seasonal Fresh Fruit Water	Roasted Chicken Thighs Served With Mashed Sweet Potatoes & Green Beans Seasonal Fresh Fruit Milk V= Avocado Pesto Quesadilla	Mini Pumpkin Pie Crescent Rolls Served With Fresh Fruit Water
FRIDAY	Sweet Homemade Loaf Served With Seasonal Fresh Fruit Water	Meatball Subs Served With Garlic Parmesan Pasta Salad Seasonal Fresh Fruit Milk V= Vegetables Sliders	Frozen Yogurt Bark with Fresh Berries and Granola Crumble With Bananas Water

*We serve cow's milk, soy milk, goat milk, gluten free, dairy free, and vegetarian options *we serve fresh fruit for early morning, late afternoon & bedtime snacks

WEEK 3	MORNING SNACK	LUNCH	AFTERNOON SNACK
MONDAY	Greek Yogurt Parfait Served With Homemade Granola and Fresh Fruit Water	Fresh Basil Pesto Pasta With Grilled Chicken & Roasted Tomato Served With Seasonal Fresh Fruit Milk V=Fresh Basil Pesto Pasta With Roasted Tomato	Fresh Fruit Salad Served With A Sweet Cracker and Caramel Dip Water
TUESDAY	Homemade Mixed Berry Apple Sauce Served With Cinnamon Raisin Toast Seasonal Fresh Fruit Water	Cabbage Roll Soup Served With Focaccia Bread Seasonal Fresh Fruit Milk	Cucumber and cream cheese sandwiches Served With Seasonal Fresh Fruit and Water
WEDNESDAY	Whole Wheat Pancakes Served With 100% Maple Syrup and Seasonal Fresh Fruit Water	Baked Pizza Casserole With Cucumbers, Tomatoes & Feta Salad with Balsamic Drizzle Seasonal Fresh Fruit Milk V= Veggie Pita Pizza	Apple "Nachos" with mini chocolate chips and a soy butter drizzle Served With Water
THURSDAY	Feta & Tomato Egg Bites Served With Toast Seasonal Fresh Fruit Water	Chicken Teriyaki Stir Fry Served With Brown Rice Seasonal Fresh Fruit Milk V= Vegetable Stir Fry	Cheese Quesadillas Served With Garden Salsa Seasonal Fresh Fruit Water
FRIDAY	Cinnamon Swirl Loaf Served With Seasonal Fresh Fruit Water	Mini Turkey & Spinach Sliders Served With Roasted Potatoes Seasonal Fresh Fruit Milk V=Veggie Wrap and Orzo Salad	Chocolate Avocado Pudding Served With Water

*We serve cow's milk, soy milk, goat milk, gluten free, dairy free, and vegetarian options*we serve fresh fruit for early morning, late afternoon& bedtime snacks

WEEK 4	MORNING SNACK	LUNCH	AFTERNOON SNACK
MONDAY	Maple, Cinnamon Oatmeal Served With Bananas Water	Homemade Cauliflower Macaroni & Cheese Served With Seasonal Fresh Fruit Milk	Charcuterie Board Served With Assortment of Cheeses, Crackers, Italian Deli Meats With Grapes Water V=Assortment of cheeses and crackers
TUESDAY	Berry Smoothie Bowl Served With Homemade Granola and Fresh Fruit Water	Vegetarian Chili Served With Garlic Bread Seasonal Fresh Fruit Milk	Cucumbers & Pita Bread Served With Hummus Water
WEDNESDAY	Whole Wheat Pancakes Served With 100% Maple Syrup and Seasonal Fresh Fruit Water	Stuffed Pepper Casserole Served With Seasonal Fresh Fruit Milk	Apple Sauce Served With Cinnamon Pita Water
THURSDAY	Ham & Cheese Croissant Sandwich Served With Seasonal Fresh Fruit Water	Turkey Taco Bowls Served With Lettuce, Tomatoes & Cheese Seasonal Fresh Fruit Milk V= Lettuce, Tomatoes and Cheese Wraps	Cereal Trail Mix with Dark Chocolate Pieces Served With Seasonal Fresh Fruit Water
FRIDAY	Homemade Carrot Loaf Served With Seasonal Fresh Fruit Water	Chicken Salad Stuffed Pitas Served With Raspberry Vinaigrette Salad Seasonal Fresh Fruit Milk V= Egg Salad Stuffed Pitas	"Banana Sushi Roll-Up" With Seasonal Fresh Fruit Water

*We serve cow's milk, soy milk, goat milk, gluten free, dairy free, and vegetarian options *we serve fresh fruit for early morning, late afternoon & bedtime snacks