

**MENU**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Oatmeal & Honey (Optional)  Seasonal Fruit | Kolaches  Seasonal Fruit | Strawberry Cereal Bars  Yogurt | Blueberry Bagel  with Cream Cheese | Pancakes with syrup (Optional)  Seasonal Fruit |
| **LUNCH** | Spaghetti with Marinara  Cascade Vegetables  Seasonal Fruit | Taco Mac & Cheese  Peas  Seasonal Fruit | Chicken Nuggets/Meatless Nuggets\*  Capri Blend Vegetables  Seasonal Fruit | Turkey & Cheese Sandwich /  Cheese Sandwich\*  Chicken Noodle Soup  Seasonal Fruit | Grilled Chicken / Veggie Patty\*  Wild Rice  Salad/ Carrots\*\*  Seasonal Fruit |
| **SNACK** | Graham Crackers  Applesauce | Cheddar Rice Cakes  Seasonal Fruit | Rice Crispy Treats  Seasonal Fruit | Carrot Sticks with Ranch  Ritz\*\* with Seasonal Fruit | Sun Butter Sandwich  Bananas |
| **WEEK 2** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Blueberry Muffin  Seasonal Fruit | Fruit & Cheese Danish  Seasonal Fruit | Cheerios or Golden Grahams  Seasonal Fruit | Chicken Sausage / Meatless Sausage\*  With Toast & Fruit Juice | French Toast Sticks with Syrup (Optional)  Seasonal Fruit |
| **LUNCH** | Chicken Broccoli Cheddar Bake  Broccoli Cheddar Bake\*  Pasta Salad  Seasonal Fruit | Chicken Crispito /  Cheese Quesadilla\*  Spanish Rice  Seasonal Fruit | Meat Lasagna / Vegetable Lasagna\*  Maple Glazed Carrots  Seasonal Fruit | Vegetarian Chili Mac  Peas  Seasonal Fruit | Hamburgers / Veggie Burger\*  French Fries  Seasonal Fruit |
| **SNACK** | Pita Bread with Hummus | Vanilla Pudding  Seasonal Fruit | Goldfish & String Cheese | Vanilla Wafers  Seasonal Fruit | Yogurt  Trail Mix |
| **WEEK 3** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Cream of Wheat w/Syrup (Optional)  Seasonal Fruit | Biscuits with Jelly  Seasonal Fruit | Belveta Blueberry Breakfast Bars  Seasonal Fruit | Cinnamon Raisin Bagel  with Cream Cheese | Waffles with Syrup (Optional)  Seasonal Fruit |
| **LUNCH** | Chicken Pot Pie / Vegetable Pot Pie\*  Mixed Vegetables  Seasonal Fruit | Beef & Bean Burrito  Bean & Cheese Burrito\*  Corn  Seasonal Fruit | Steak Fingers / Veggie Sticks\*  Mashed Potatoes  Seasonal Fruit | Buffalo Sloppy Joes / Veggie Burger\*  Cauliflower Tots  Seasonal Fruit | Fish Sticks / Veggie Sticks\*  Mac & Cheese  Seasonal Fruit |
| **SNACK** | Corn Muffin with Honey | Soft Pretzel  Seasonal Fruit | Zucchini Sticks with Ranch  Seasonal Fruit | Ritz Crackers  Cheese Slices | Graham Crackers  Strawberry Cream Cheese Spread |
| **WEEK 4** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Apple Muffin  Seasonal Fruit | English Muffins with Marmalade  Seasonal Fruit | Chex or Corn Flakes  Seasonal Fruit | Granola with Honey (Optional)  Yogurt | Cinnamon rolls  Seasonal Fruit |
| **LUNCH** | Chicken Fries / Veggie Sticks\*  Green Beans  Seasonal Fruit | Orange Chicken /  Orange Meatless Chicken\*  Asian Quinoa Blend  Edamame / Corn\*\*  Seasonal Fruit | Cheese Pizza  Salad with Ranch / Carrots\*\*  Seasonal Fruit | Tater Tot Casserole /  Meatless Casserole\*  Peas  Seasonal Fruit | Grilled Cheese  Tomato Soup  Seasonal Fruit |
| **SNACK** | Cheez-Its  Seasonal Fruit | Animal Crackers  Applesauce | Jell-O with Mixed Fruit | Caramel Rice Cakes  Seasonal Fruit | Teddy Grahams  Fruit Snacks |

**\*Vegetarian Option ABACUS IS PEANUT FREE Milk and water served with lunch**

**\*\* Children under two option** (Cereal can be a substitute breakfast item at all times) Whole milk served to ages 12-24 months Updated 1/5/2018 Cereal options: Cheerios, Chex, Corn Flakes, Golden Grahams 1% milk served to ages two years and older