

 **MENU**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Oatmeal & Honey (Optional)Seasonal Fruit | KolachesSeasonal Fruit | Strawberry Cereal BarsYogurt | Blueberry Bagel with Cream Cheese | Pancakes with syrup (Optional)Seasonal Fruit |
| **LUNCH** | Spaghetti with MarinaraCascade VegetablesSeasonal Fruit | Taco Mac & CheesePeasSeasonal Fruit | Chicken Nuggets/Meatless Nuggets\*Capri Blend VegetablesSeasonal Fruit | Turkey & Cheese Sandwich /Cheese Sandwich\*Chicken Noodle SoupSeasonal Fruit | Grilled Chicken / Veggie Patty\*Wild RiceSalad/ Carrots\*\*Seasonal Fruit |
| **SNACK** | Graham CrackersApplesauce | Cheddar Rice CakesSeasonal Fruit | Rice Crispy TreatsSeasonal Fruit | Carrot Sticks with RanchRitz\*\* with Seasonal Fruit | Sun Butter SandwichBananas |
| **WEEK 2** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Blueberry MuffinSeasonal Fruit | Fruit & Cheese DanishSeasonal Fruit | Cheerios or Golden GrahamsSeasonal Fruit | Chicken Sausage / Meatless Sausage\*With Toast & Fruit Juice | French Toast Sticks with Syrup (Optional)Seasonal Fruit |
| **LUNCH** | Chicken Broccoli Cheddar BakeBroccoli Cheddar Bake\*Pasta SaladSeasonal Fruit | Chicken Crispito / Cheese Quesadilla\*Spanish RiceSeasonal Fruit | Meat Lasagna / Vegetable Lasagna\*Maple Glazed CarrotsSeasonal Fruit | Vegetarian Chili MacPeasSeasonal Fruit | Hamburgers / Veggie Burger\*French FriesSeasonal Fruit |
| **SNACK** | Pita Bread with Hummus | Vanilla PuddingSeasonal Fruit | Goldfish & String Cheese | Vanilla WafersSeasonal Fruit | YogurtTrail Mix |
| **WEEK 3** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Cream of Wheat w/Syrup (Optional)Seasonal Fruit | Biscuits with JellySeasonal Fruit | Belveta Blueberry Breakfast BarsSeasonal Fruit | Cinnamon Raisin Bagelwith Cream Cheese | Waffles with Syrup (Optional)Seasonal Fruit |
| **LUNCH** | Chicken Pot Pie / Vegetable Pot Pie\*Mixed VegetablesSeasonal Fruit | Beef & Bean Burrito Bean & Cheese Burrito\*CornSeasonal Fruit | Steak Fingers / Veggie Sticks\*Mashed PotatoesSeasonal Fruit | Buffalo Sloppy Joes / Veggie Burger\*Cauliflower TotsSeasonal Fruit | Fish Sticks / Veggie Sticks\*Mac & CheeseSeasonal Fruit |
| **SNACK** | Corn Muffin with Honey | Soft PretzelSeasonal Fruit | Zucchini Sticks with RanchSeasonal Fruit | Ritz CrackersCheese Slices | Graham CrackersStrawberry Cream Cheese Spread |
| **WEEK 4** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | Apple MuffinSeasonal Fruit | English Muffins with MarmaladeSeasonal Fruit | Chex or Corn FlakesSeasonal Fruit | Granola with Honey (Optional)Yogurt  | Cinnamon rollsSeasonal Fruit |
| **LUNCH** | Chicken Fries / Veggie Sticks\*Green BeansSeasonal Fruit | Orange Chicken / Orange Meatless Chicken\*Asian Quinoa BlendEdamame / Corn\*\*Seasonal Fruit | Cheese Pizza Salad with Ranch / Carrots\*\* Seasonal Fruit | Tater Tot Casserole /Meatless Casserole\*Peas Seasonal Fruit | Grilled CheeseTomato Soup Seasonal Fruit |
| **SNACK** | Cheez-ItsSeasonal Fruit | Animal CrackersApplesauce | 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