

SPRING/SUMMER MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat Toast Vanilla Yogurt	Cinnamon Raisin Bagel with Cream Cheese Seasonal Fruit	Cereal Seasonal Fruit	French Toast Sticks with Syrup Seasonal Fruit	Blueberry Muffin Seasonal Fruit
LUNCH	Chicken Fried Rice/Fried Rice* Mixed Vegetables Seasonal Fruit	Macaroni & Cheese Catalina Vegetable Blend Seasonal Fruit	Chicken Nuggets/Meatless Nuggets* California Vegetables Seasonal Fruit	Cheeseburger/Black Bean Burger* Sweet Potato Fries Seasonal Fruit	Baked Ziti Green Beans Seasonal Fruit
SNACK	Banana Chips/Cereal** Seasonal Fruit	Animal Crackers Applesauce	Goldfish Seasonal Fruit	Garden Veggie Straws Seasonal Fruit	Saltine Crackers Cheese Slices
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Granola/Cereal** Strawberry Yogurt	Plain Bagel with Sun Butter Seasonal Fruit	Blueberry Belvita Breakfast Bars Seasonal Fruit	Croissant with Jelly Seasonal Fruit	Cinnamon Roll Seasonal Fruit
LUNCH	Chicken Quesadilla/Cheese Quesadilla* Spanish Rice Fajita Vegetable Blend Seasonal Fruit	Tater Tot Casserole/ Mushroom & Potato Casserole* Cooked Carrots Seasonal Fruit	Chicken Tenders/ Meatless Chicken Tenders* Cooked Broccoli Seasonal Fruit	Fish Sticks/Veggie Patty* Peas & Carrots Seasonal Fruit	Bowtie Pasta with Turkey and Parmesan/ Bowtie Pasta with Parmesan* Garden Salad with Ranch/Cooked Vegetables** Seasonal Fruit
SNACK	Nutri-Grain Bar Seasonal Fruit	Graham Crackers/Ritz Crackers** Applesauce	Cheeze-Itz Seasonal Fruit	Vanilla Wafers Seasonal Fruit	Wheat Thins Cheese Cubes
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cinnamon Raisin Toast Vanilla Yogurt	Blueberry Bagel with Cream Cheese Seasonal Fruit	Cereal Seasonal Fruit	Waffles with Syrup Seasonal Fruit	Apple Cinnamon Muffin Seasonal Fruit
LUNCH	Chicken Teriyaki/Meatless Chicken Tenders* Brown Rice Stir Fry Vegetables Seasonal Fruit	Cheese Pizza Green Beans Seasonal Fruit	Grilled Chicken Breast/Black Bean Burger* Wild Rice Tuscan Vegetables Seasonal Fruit	Turkey and Cheese Wrap/ Cheese Wrap* Catalina Vegetable Blend Seasonal Fruit	Spaghetti with Meat Sauce/Spaghetti* Riviera Vegetables Seasonal Fruit
SNACK	Pita Bread Hummus	Animal Crackers Applesauce	Goldfish Seasonal Fruit	Garden Veggie Straws Seasonal Fruit	Ritz Crackers Cheese Slices
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Granola/Cereal** Strawberry Yogurt	English Muffin with Sun Butter Seasonal Fruit	Pastry Crisps Seasonal Fruit	Biscuit with Jelly Seasonal Fruit	Fruit & Cheese Danish Seasonal Fruit
LUNCH	Grilled Chicken Sandwich/Veggie Patty* Garden Salad with Ranch/ Cooked Vegetables** Seasonal Fruit	Beef and Bean Burritos/ Bean & Cheese Burritos* Fajita Vegetable Blend Seasonal Fruit	Boneless Chicken Wings with BBQ Sauce/ Meatless Nuggets* Cooked Carrots Seasonal Fruit	Grilled Cheese Tomato Soup Seasonal Fruit	Chicken Fettucine Alfredo/ Fettucine Alfredo* Cooked Broccoli Seasonal Fruit
SNACK	Nature's Bakery Fig Bar Seasonal Fruit	Graham Crackers/Ritz Crackers** Applesauce	Cheeze-Itz Seasonal Fruit	Vanilla Wafers Seasonal Fruit	Club Crackers Cheese Cubes

10:00 a.m. snack will be made available to all children

*Vegetarian option

**Children under two option

ABACUS IS PEANUT FREE

(Cereal can be a substitute breakfast item at all times)

Cereal options: Cheerios, Chex or Corn Flakes

Milk and water served with lunch

Whole milk served to ages 12-24 months

1% milk served to ages two years and up