

Original 2022

Week 1	B: milk, Kix cereal (WG), apples	B: milk,apple/cinnamon muffins, pears	B: milk, scrambled eggs, oranges	B: milk, milk, cheese toast (WG), applesauce	B: waffles, mixed fruit
	L: milk, HM sloppy joes w/ground beef, hamburger bun (WG), carrots, strawberries	L: milk, hummus, pita bread (WG), broccoli, blueberries	L: milk, turkey corn dogs (CN), green beans, peaches	L: milk, HM ground beef/ shredded cheddar cheese taco tortilla (WG) pizza, mixed vegetables, pears	L: milk, kidney bean chili, brown rice (WG), cauliflower, pineapple
	S: breadstick, cheese cubes	S: yogurt, Teddy grahams (WG)	S: ritz crackers (WG), slice cheese/ turkey pepperoni	S: graham crackers (WG), banana	S: cereal (WG)/ cracker (WG) trail mix, white grape juice
	D: milk, soy butter, Swirl cinnamon toast, cauliflower, oranges	D: milk, barbecue chicken, wheat thins (WG), mixed vegetables, banana	D: milk, deli chicken sandwiches (WG), cucumbers w/ranch, mixed fruit	D: milk, cheese cubes, cinnamon tortilla (WG) chips, carrots, melon	D: milk, deli turkey, club crackers (WG), mixed vegetables, strawberries
Week 2	B: milk, rice chex cereal (WG), pears	B: milk, blueberry muffin , apples	B: milk, crescent roll, cheese, oranges	B: milk, bagel (WG) w/ cream cheese, banana	B: milk, toast (WG) w/jelly, oranges
	L: milk, hamburger patty w/bun (WG), tator tots, melon	L: milk, chick pea noodle spaghetti, sliced bread (WG), broccoli, pineapple	L: milk, fajita chicken breast/ cheddar cheese w/ tortilla (WG), sweet potatoes, peaches	L: milk, mozzarella cheese English muffin (WG) pizza, corn on cob (*cooked carrots), cinnamon apples	L: milk, lentil stew, saltine crackers, green beans/ potatoes/ carrots, strawberries
	S: cheddar cheese stick, Annie's cheddar bunny crackers (WG)	S: waffle sticks w/syrup, banana	S: biscuit, peaches	S: soft pretzels (WG) w/cheese sauce, grape juice	S: sweet potato fries, applesauce
	D: milk, soy butter/jelly soft tortilla (WG) rollup, cucumbers w/ranch, blueberries	D: milk, HM canned tuna salad, ritz crackers (WG), carrots, mixed fruit	D: milk, deli chicken, thin bun (WG) sandwich, pickles, apples	D: milk, boiled egg, club crackers (WG), cauliflower, melon	D: milk, Swirl cinnamon bread (WG), strawberry cream cheese, mixed vegetables, mxd fruit
Week 3	B: milk, Cheerios cereal (WG), pears	B: milk, English muffin (WG) w/ jelly, mixed fruit	B: milk, biscuit, egg, apples	B: milk, French toast, banana	B: milk, pancakes, oranges
	L: milk, turkey breast slices, garlic bread, carrots, strawberries	L: milk, grilled sliced cheese sandwich (WG), tomato soup, pineapple	L: milk, chicken nuggets (CN), breadstick, squash, peaches	L: milk, HM beef meatballs, egg noodles (WG), sweet potato wedges, oranges	L: milk, black beans, brown rice (WG), green beans, mixed fruit
	S: Teddy grahams (WG), applesauce	yogurt, mixed fruit	S: S: milk, cereal (WG)/cracker (WG) trail mix	S: white cheddar cheez-it crackers (WG), apple juice	S:cheese cubes, apples
	D: milk, HM bowtie ground beef/ shredded cheddar cheese lasagne, cauliflower, oranges	D: milk, soy butter, graham crackers (WG), cucumbers, banana	D: milk, turkey hot (cold) dog, crescent roll, mixed vegetables, melon	D: milk, hummus, chicken biscuit crackers, broccoli, peaches	D: milk, HM canned chicken salad, pita bread (WG), carrots, kiwi & pineapple

Week 4	B: milk, banana bread, oranges	B: milk, oatmeal (WG), peaches	B: milk, apple cinnamon muffin, mixed fruit	B: milk, tortilla (WG) egg/ground pork sausage pizza, oranges	B: milk, graham crackers (WG), yogurt blueberry smoothie
	L: milk, hamburger patty w/ thin bun (WG), sweet potato fries, pears	L: milk, HM macaroni (WG) & cheese, sweet potatoes, pineapple	L: milk, ground beef/ cheddar cheese tortilla (WG) tacos, broccoli, strawberries	L: milk, fish sticks (CN), HM corn bread, blackeye peas, pears	L: milk, cheese slice, Ritz toasted crisps (WG), carrots, apples
	S: chex cheddar mix (WG), grape juice	S: turkey hotdog crescent wrap	S: colored goldfish crackers, cream cheese	S: garlic bread, mixed fruit	S: HM English muffin (WG) mozzarella cheese pizza
	D: milk, deli ham, breadstick, carrots, apples	D: milk, ritz crackers (WG), deli chicken, mixed vegetables, banana	D: milk, roll slider with deli turkey/colby cheese slice, sweet potatoes, applesauce	D: milk, turkey hot dog, hot dog bun (WG), cucumbers, apples	D: milk, deli turkey/ american cheese tortilla (WG) rollup, mixed vegetables, peaches
Week 5	B: milk, scrambled eggs, banana	B: milk, biscuits, oranges	B: milk, blueberry muffin, pears	B: milk, French toast, applesauce	B: milk, Swirl cinnamon bread, peaches
	L: milk, turkey burger w/ bun (WG), carrots, blackberries	L: milk, chicken/ cheese quesadilla (WG), baked kale, melon	L: milk, bowtie spaghetti (WG), turkey meatball sauce, mixed vegetables, banana	L: milk, tortilla (WG) fish tacos, cole slaw, strawberries	L: milk, HM chick pea/lentil meatloaf, HM garlic bread (WG), mashed potatoes, pineapple
	S: whales cheddar crackers (WG), applesauce	S: bagel (WG) w/ strawberry cream cheese	S: strawberry yogurt smoothie	S: cinnamon tortilla (WG) chips, fruit salsa (pureed mxd fruit)	S: cereal (WG)/ cracker (WG) trail mix, white grape juice
	D: milk, chicken noodle salad w/ Italian dressing, carrots/ broccoli, peaches	D: milk, cheddar shredded cheese, club crackers (WG), baked potato, apples	D: milk, deli chicken/slice american cheese sandwich (WG), broccoli, apples	D: milk, eggs, waffle sticks w/syrup, cucumbers, blueberries	D: milk, deli turkey/colby cheese slice sub (WG), mixed raw vegetables, mixed fruit

In the event of food allergies, religious beliefs, or parent preference, a substitution will be provided. Soy milk and Lactaid milk are approved milk substitutions. One year olds receive whole milk once weaned from formula or breastmilk; two-5 year olds receive 1% milk; 6 years and up receive fat free milk. *Substitutions made for older infants & younger toddlers. Notes: Canned fruits are cooked in natural juices or water. All juice is 100%. Water is available for all meals and between meals. Grains are measured in ounces. Meat substitutions: cheese, soy butter, baked beans, lima beans, peas, yogurt, eggs, other beans/peas, and other approved meat substitutions. Substitutions will be notated on individual child menu as needed. 1 bread per day must meet whole wheat/grain requirement. Cereal & yogurt must meet food program sugar limit.