



Snack & Lunch Menu (Week 1)

DAY	A.M SNACK	LUNCH	P.M SNACK
MONDAY	Blueberry scone Fresh Fruit Milk	Meatball submarine with tomato sauce Whole wheat bun Mix green salad Milk	Cheese and crackers Vegetables Fruit Juice
TUESDAY	Banana oatmeal bar Seasonal fresh fruit Milk	Macaroni and cheese Vegetables Chickpea salad Milk	Banana Loaf Veggies Fruit Juice
WEDNESDAY	Whole wheat shreddies Fresh Fruit Milk	Chicken Fingers with Rice and Corn Fresh Fruit Milk	Vanilla yogurt Rice puffs Fruit Juice
THURSDAY	Seasonal Yogurt Fresh Fruit Milk	Chicken Noodle Vegetable Soup Whole Wheat Bread Milk	Banana Wrap W. Strawberry jam Fruit Juice
FRIDAY	Multigrain Cereal Seasonal Fresh Fruit Milk	Cheese Pizza Vegetables Chickpea Salad Fresh Fruit Milk	Muffin (blueberry, carrot etc.) Fruit Juice

- The children's juice will be diluted with water so that it does not contain as much sugar



Snack & Lunch Menu (Week 2)

DAY	A.M SNACK	LUNCH	P.M SNACK
MONDAY	Multigrain Cereal Fresh Fruit Milk	Chicken and Rice Vegetable Fresh Fruit Milk	Cheese and Crackers Vegetables Fruit Juice
TUESDAY	English Muffins Seasonal Fresh Fruit Milk	Spaghetti and Meatball Vegetables Fresh Fruit Milk	Banana Loaf Vegetables Fruit Juice
WEDNESDAY	Banana Oatmeal Bar Fresh Fruit Milk	Macaroni and Cheese Vegetables Chickpea Salad Fresh Fruit Milk	Banana Wrap with Strawberry Jam
THURSDAY	Seasonal Yogurt with Granola Fresh Fruit Milk	Fish Fillet, Corn and Rice Whole Wheat bun Vegetables Salad Fresh Fruit Milk	Applesauce Melba Toast Vegetables Fruit Juice
FRIDAY	Cereal mix Seasonal Fresh Fruit Milk	Beef Lasagna Vegetables Milk	Whole Wheat Bagels with Cream Cheese Fruit Juice

- The children's juice will be diluted with water so that it does not contain as much sugar