

MENU Week 1

Summer 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Apple Sauce *Bran Buds *Water	*Seasonal Fruit *Toasted Raisin Bread *Water	*Seasonal Fruit *WW Apple Biscuits *Water	*Seasonal Fruit *Cheerios with Milk *Water	*Seasonal Fruit *WW Pumpkin Muffins *Water
LUNCH	*Frittata with Potato, Peas and Carrots *Quinoa Salad *Milk *Seasonal Fruit	*Sweet Potato and Tuna Balls *Roasted Broccoli *Milk *WW Pita Wedges *Seasonal Fruit	*WW English Muffin Pizzas with Chicken *Cucumbers and Bell peppers *Milk *Seasonal Fruit	*Crunchy Turkey Cannon Balls *Brown Rice *Cooked Carrots and Peas * Milk *Seasonal Fruit	*Mexican Pasta Bake *Spring Mix Salad *Milk *Seasonal Fruit
PM SNACK	*Whole Grain Crackers *Seasonal Fruit *Milk	*Whole Wheat Tortilla with No Nut Butter *Seasonal fruit *Milk	*Roasted Chickpeas <i>Infants & Tods – hummus and Whole- Wheat Pita</i> *Seasonal Fruit *Milk	*Homemade Granola Bars *Seasonal Fruit *Water	*Brown Rice Cakes with cream cheese *Seasonal Fruit *Milk
Condiments Max 1 tbsp per child	AM Lunch- PM-	AM – Lunch- Sour Cream PM –	AM – Lunch Ranch Dip PM-	AM – Lunch- Pineapple Chutney PM	AM – Lunch- PM cream cheese