

MENU Week 1

Summer- Fall 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Apple Sauce *Wheat Puffs *Water	*Seasonal Fruit *Toasted Raisin Bread *Milk	*Seasonal Fruit *WW Apple Biscuits *Milk	*Seasonal Fruit *Cheerios with Milk	*Seasonal Fruit *WW Pumpkin Muffins *Milk
LUNCH	*Baked Cheesy Eggs *Quinoa with Peas and Carrots *Milk *Seasonal Fruit	*Fried Brown Rice with Tuna and vegetables *Cucumber and Tomato Salad *Milk *Seasonal Fruit	*Chicken Shepherd's Pie *WW Bread *Milk *Seasonal Fruit	*Turkey Meat Balls in Tomato Sauce *WW Couscous *Green Bean and Carrot Salad * Milk *Seasonal Fruit	*Potato and Leek Frittata *WW Bread *Assorted Bell Peppers *Seasonal Fruit
PM SNACK	*Whole Grain Crackers *Seasonal Fruit *Milk	*WW Tortilla with No Nut Butter *Seasonal fruit *Water	*Yogurt Cones *Seasonal Fruit *Water	*Hummus *Seasonal Fruit *WW Pita *Water	*Brown Rice Cakes with cream cheese *Seasonal Fruit *Water
Condiments Max 1 tbsp per child	AM Lunch- PM-	AM - Lunch- PM -	AM - Lunch PM-	AM - Lunch- PM	AM - Lunch- PM cream cheese



Date: Mar 9/22

Reviewed By: [Signature]