

MENU Week 3

Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Whole Grain Cereal with Milk *Seasonal Fruit *Water	*Toasted Raisin Bread *Seasonal Fruit *Water	* WW Blueberry Scones *Seasonal Fruit *Water	*Yogurt with Bran buds *Seasonal Fruit *Water	*Homemade Muffins *Seasonal Fruit *Water
LUNCH	*WW Spaghetti with tomato beef sauce *Caesar salad <i>Infant and toddlers: cooked peas and carrots</i> *WW Bread *Milk *Seasonal Fruit	*Chicken Salad Sandwich on WW bread *Carrot sticks and green peppers <i>Infant and toddlers: cooked green beans and carrots</i> *Milk *Seasonal Fruit	*Carrot and Cheese Frittata *Roasted Zucchini *WW Bread *Milk *Seasonal Fruit	*Beef Tacos (with tomatoes, carrots, shredded romaine and cheese, refried beans) *WW Tortilla *Milk *Seasonal Fruit	*Baked Sole Fillets (unbreaded) *Roasted Sweet Potatoes *Whole Wheat Bread *Milk *Seasonal Fruit
PM SNACK	*Rice Crackers *Cantaloupes *Milk	*Yogurt-berry Popsicles *Whole Grain Crackers *Milk	*Banana Oatmeal Cookies *Seasonal fruit *Milk	*Whole Wheat Bagel with No Nut Butter *Seasonal Fruit *Milk	*Cheese Cubes *Whole Grain Crackers *Seasonal Fruit *Milk
Condiments Limited to no more than 1 TBSP	AM Lunch- PM-	AM – Lunch- Dip PM –	AM Lunch- Ketchup PM-	AM – Lunch- Salsa, Sour cream PM	AM – Lunch- Ketchup PM



Date: March 14/19

Reviewed By: KUin RD