

SUMMER 2019 WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M SNACK	Mini Muffin & Milk Orange Slices Milk	Vanilla Yogurt Wholewheat Crackers Orange Slices Milk	Cheerios & Milk Orange Slices Milk	Vanilla Yogurt Wholewheat Crackers Orange Slices Milk	Mini Muffins Orange Slices Milk
LUNCH	Baby Carrots Cucumber Slices Baked Chicken & Pasta in Alfredo Sauce Soy Protein 'Veggie Slices' & Macaroni & Cheese Broccoli Apple Sauce Milk	Cucumber Slices & Orange Pepper Strips Vegetarian Shepherd's Pie: Soy 'Ground Beef' Mashed Potatoes Mixed Vegetables Shredded Cheese Oranges Milk	Cucumber Slices & Baby Carrots Vegetable Soup Wholewheat Tortilla Sliced Roast Turkey Breast & Cream Cheese or Soy 'cold cuts' and Cream Cheese Pears Milk	Cucumber Slices & Baby Carrot Wholewheat Bun Turkey or Veggie Dog Sweetcorn Honeydew Melon Milk	Cucumber Slices & Baby Carrots Pizza with Grilled Chicken & vegetables Vegetarian Pizza with Soy 'Chicken' Strips Mixed Fruit Milk
P.M. Snack	Banana Wholegrain Crackers Milk	Wholegrain Crackers & Apple Slices Milk	Wholegrain Crackers Bananas Milk	Wholewheat Crackers Pears Milk	Rice Cakes Apples Milk
5p.m.	Crackers/Water	Crackers/Water	Crackers/Water	Crackers/Water	Crackers/Water

BOTH MILK AND WATER ARE AVAILABLE AT LUNCH AND SNACK TIMES

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A.M SNACK	Mini muffins Orange Slices Milk	Vanilla Yogurt Crackers Orange Slices Milk	Cheerios & Milk Orange Slices Milk	Vanilla Yogurt Crackers Orange Slices Milk	Mini Muffins Orange Slices Milk
LUNCH	Cucumber Slices & Baby Carrots Beef or Vegetarian (Soy Protein) Lasagna Apple Sauce Milk	Cucumber Slices & Orange Pepper Strips Vegetarian Sloppy Joes: Wholewheat Bun Soy 'ground beef' Sloppy Joe Sauce Grated Cheese (Optional) Mixed Vegetables Oranges Milk	Cucumber Slices & Baby Carrots Tomato Soup Wholewheat Bread Turkey Breast or Vegetarian Soy Protein Cold Cut Slices Pears Milk	Cucumber Slices & Baby Carrots Vegetarian Chili (Soy Protein/Diced Tomatoes/Kidney Beans/mild Chili seasoning) Brown Rice Cantaloupe Milk	Baby Carrots & Cucumber Slices Pizza with Tomato Sauce, Cheese & Grilled Chicken Vegetarian Pizza with Soy 'Chicken' Strips Mixed Fruit Milk
P.M. Snack	Banana Wholegrain Crackers Milk	Wholegrain Crackers & Apple Slices Milk	Wholegrain Crackers Bananas Milk	Wholewheat Crackers Pears Milk	Rice Cakes Apples Milk
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LUNCH	Cucumber Slices & Baby Carrots Multigrain Nacho Chips Soy 'Ground Beef' Shredded Cheese Sweetcorn Salsa Sour Cream Apple Sauce Milk	Cucumber Slices & Baby Carrots Beef Meatballs In Tomato Sauce <i>Or Veggie Soy 'Meatballs'</i> Wholewheat Bun Green Beans Oranges Milk	Cucumber Slices & Orange Pepper Strips Vegetable Soup Wholewheat Tortilla Cream Cheese Turkey Breast or <i>Veggie 'Cold Cut' Slices</i> Pears Milk	Cucumber Slices & Baby Carrots Turkey or <i>Veggie</i> Wiener & Baked Beans Brown Rice Green Beans Honeydew Melon Milk	Cucumber Slices & Baby Carrots Pizza with Tomato Sauce, Cheese & Grilled Chicken <i>Vegetarian Pizza with Soy 'Chicken' Strips</i> Mixed Fruit Milk
P.M. Snack	Wholegrain Crackers Bananas Milk	Wholegrain Crackers Apples Milk	Wholegrain Crackers Bananas Milk	Wholegrain Crackers Pears Milk	Rice Cakes Apples Milk
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