

Spring/Summer 2023	Week 1	Week 2	Week 3	Week 4
	Breakfast			
Monday	WG Cereal w/ Milk Pears	WG Cereal w/ Milk Peaches	WG Cereal w/ Milk Fresh Cantaloupe	WG Cereal w/ Milk Applesauce
Tuesday	Bagel w/ Cream Cheese, Hard Boiled Egg, Honeydew Melon, & Milk	Waffles w/syrup, Sausage Links Pineapple slices Milk	Banana Bread, Vanilla Greek Yogurt, Pears, Milk	French Toast Sticks, Turkey Bacon Watermelon, Milk
Wednesday	Vanilla, Chia & Honey Overnight Oats, Banana Slices & Milk	Maple Cinnamon Oatmeal Pears & Milk	Strawberry Vanilla Overnight Oats, Fresh Blueberries, Milk	Peanut Butter Oatmeal, Banana Slices, Milk
Thursday	Bacon Egg & Cheese Breakfast Wrap, Blueberries & Milk	Blueberry Muffins, Vanilla Greek Yogurt, Orange Slices, Milk	Egg and Chorizo Breakfast Quesadillas, Fresh Pineapple & Milk	Cinnamon Rolls, Vanilla Greek Yogurt Strawberry Slices & Milk
Friday	WG Cereal w/ Milk Peaches	WG Cereal w/ Milk Fresh Blueberries	WG Cereal w/ Milk Mandarin Oranges	WG Cereal w/ Milk Apple Slices
	Lunch			
Monday	Smothered Meatballs w/ egg Noodles, Steamed Broccoli, Peaches, Milk	Mac-n-Cheese with diced hotdogs, Packer Beans, Mandarin Oranges, Milk	Baked Spaghetti – pg51 Veggie Salad pg56 Apple Slices Milk	Chicken, Bacon, Ranch Bake, Breadsticks, Sliced Strawberries, Sugar Snap Peas, Milk
Tuesday	Chicken Quesadillas Sweet Bell Peppers Pineapple Chunks	Beef Tacos Corn Apple Slices Milk	Chicken Nuggets Sweet Potato Fries Peaches Milk	Taco Tater Tot Casserole Packer Beans Cantaloupe, Milk
Wednesday	Pepperoni & Sausage Pizza Sliders, Orange Slices, Sugar Snap Peas, Milk	Sloppy Joes on WG Bun Tater Tots, Banana Slices Milk	Ham and Cheese Sliders Fresh Broccoli Strawberry Slices, Milk	Cheeseburger on WG Bun French Fries Apple Slices, Milk
Thursday	Grilled Chicken & Veggie Salad (pg23) Breadsticks Watermelon Milk	Turkey & Cheese tortilla Roll ups Pg 29, Sliced Carrots, Apple Sauce	BBQ Chicken Sandwich Cole Slaw Salad Watermelon, Milk	Orange Chicken w/ Rice Mixed Veggies, Peaches, Milk
Friday	Turkey & Provolone Subs Spring Mix Salad Applesauce & Milk	Grilled Chicken Caesar Wrap Mixed Fruit, Green Beans, Milk	PB&J Sandwich Cucumber slices w/ Ranch, Fresh Mixed Fruit	Italian Subs Spring Mix Salad Watermelon Slices Milk
	Snack			
Monday	Trail Mix Apple Juice	Cheese Slices and Pickles	Cheerios Banana Rings	Pita Chips and Salsa
Tuesday	Pita Chips & Fruit Salsa	Taco Dip & Pita Chips	Strawberry Yogurt Graham Crackers	Soft Pretzels & Cheese Dip
Wednesday	Cucumber Slices & Cheese Cubes	Cottage Cheese & Strawberry Slices	Goldfish Crackers Apple Juice	Fruit & Yogurt Smoothies Animal Crackers
Thursday	Apple Slices w/ Peanut Butter Dip	Fruit Salad – pg 64 Graham Crackers	Cheese Quesadillas & Salsa	Cheese-Stuffed Breadsticks w/ Marinara
Friday	Animal Crackers & Orange Slices	Ritz Crackers Watermelon	String Cheese Club Crackers	Cheezit Crackers Apple Juice

*Ages 1-2 receive whole milk, ages 2 and up receive 1%

*Lettuce, Apples and raw, hard vegetables are substituted for child under 2

*Cereals include: Kix, Cheerios, Apple Jacks, Frosted Flakes