

Monday

Morning Snack

Yogurt & Rice Chex Milk

Lunch

Open Faced Turkey & Cheese Sandwiches with Cucumber Salad & Mandarin Oranges Milk

Afternoon Snack

Bananas & Graham Crackers Water

Evening Snack

Pita Triangles & Hummus Water

Vegetarian

Omit turkey.

Toddler Substitutions

Meals & Snacks are toddler friendly.

Tuesday

Morning Snack

Bagels & Cream Cheese Milk

Lunch

Pizza with Garden Vegetable Sauce with Apple Slices Milk

Afternoon Snack

Animal Crackers & Cheese Cubes Water

Evening Snack

Snap Peas & Ranch Water

Vegetarian

Meals & Snacks are Vegetarian

Toddler Substitutions

Apple Slices are served without peel.

Snap Peas are stringless & lightly steamed.

Wednesday

Morning Snack

Oatmeal & Raisins Milk

Lunch

Chicken Fried Rice with Steamed Peas & Corn & Pineapple Rounds Milk

Afternoon Snack

Granola Bars with Banana Slices Water

Evening Snack

Strawberry Banana Smoothies & Graham Crackers Water

Vegetarian

Substitute Tofu.

Toddler Substitutions

Meals & Snacks are toddler friendly.

Thursday

Morning Snack

Hard Boiled Eggs & Pineapple Milk

Lunch

Macaroni & Cheese with Steamed Broccoli & Applesauce Milk

Afternoon Snack

Pumpkin Cornbread Milk

Evening Snack

Trail Mix & Peaches Water

Vegetarian

Meals & Snacks are Vegetarian

Toddler Substitutions

Meals & Snacks are toddler friendly.

Friday

Morning Snack

Raisin Toast Water

Lunch

Pumpkin Soup with Turkey Pastrami Sticks, Sourdough Roll, & Sliced Apricots Milk

Afternoon Snack

Cranberry Muffins Milk

Evening Snack

Sliced Cheese & Saltines Water

Vegetarian

Substitute Hard Boiled Egg.

Toddler Substitutions

Meals & Snacks are toddler friendly.

Tip of the Month

When trying new foods with your children, instead of asking if they like it, try asking what the food tastes like or what they like best.