

SUMMER MENU 2024 WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	WAFFLES FRUIT MILK	CEREAL w/ MILK FRUIT WATER	EGGS FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	LEMON CHICKEN RICE VEGETABLES MILK	ROAST BEEF SANDWICHES COLESLAW CARROTS MILK	BASA PITAS w/ VEGGIES MILK	FARMER SAUSAGE PASTA w/ CHEESE SAUCE FRUIT MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	PRETZELS & PEA BUTTER FRUIT WATER	PROTEIN BAR FRUIT WATER	MARINATED VEGGIES & MELBA TOAST WATER	APPLESAUCE FRUIT ARROWROOT COOKIES MILK	CHEESE CRACKERS VEGGIES WATER

-PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

-PASTA SALAD INCLUDES VEGGIES AND CHEESE WITH AN OIL OR MAYO BASED DRESSING

-WATER IS SERVED AT EVERY MEAL

-FRUIT & VEGGIES INCLUDE TWO CHOICES

SUMMER MENU 2024 WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	EGGS FRUIT MILK	CEREAL w/ MILK FRUIT WATER	PANCAKES APPLESAUCE FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	HOT DOGS COLESLAW CARROTS YOGURT MILK	SWEET & SOUR PORK RICE & VEGGIES MILK	CHICKEN SALAD SANDWICHES VEGETABLES MILK	CHICKEN SOUVLAKI PASTA SALAD FRUIT MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
	RICE CAKES CHEESE VEGGIES WATER	FRUIT SALAD ARROWROOT COOKIES WATER	PITA CRACKERS HUMMUS VEGGIES WATER	VEGETABLES & DIP RICE/SODA CRACKERS WATER	PROTEIN BARS FRUIT WATER

-PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

-PASTA SALAD INCLUDES VEGGIES AND CHEESE WITH AN OIL OR MAYO BASED DRESSING

-WATER IS SERVED AT EVERY MEAL

-FRUIT & VEGGIES INCLUDE TWO CHOICES

-CHEESE SAUCE IS A BECHAMEL MADE WITH MILK AND REAL CHEESE

SUMMER MENU 2024 WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	PANCAKES APPLE SAUCE FRUIT MILK	CEREAL w/ MILK FRUIT WATER	ENGLISH MUFFINS FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	PASTA SALAD MEAT & CHEESE S/W FRUIT MILK	CHICKEN STIRFRY RICE FRUIT MILK	CHILI ON BUNS W/CHEESE COLESLAW CARROTS MILK	CHICKEN SOUVLAKI PITA/WRAPS FRUIT MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	VEGGIES PEA BUTTER PRETZELS WATER	MELBA TOAST ARTICHOKE DIP VEGGIES WATER	YOGURT GRANOLA FRUIT WATER	VEGGIES CHEESE & RICE CAKE WATER	ICECREAM DIGESTIVE COOKIES FRUIT WATER

-PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

-PASTA SALAD INCLUDES VEGGIES AND CHEESE WITH AN OIL OR MAYO BASED DRESSING

-WATER IS SERVED AT EVERY MEAL

-FRUIT & VEGGIES INCLUDE TWO CHOICES

SUMMER MENU 2024 WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	ENGLISH MUFFINS FRUIT MILK	CEREAL w/ MILK FRUIT WATER	EGGS FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	CHICKEN RICE VEGETABLES MILK	VEGGIE & MEAT SUBS PICKLES GREEK SALAD MILK	FARMER SAUSAGE PASTA w/ CHEESE SAUCE FRUIT MILK	PULLED BEEF ON BUNS CAESAR SALAD CUCUMBERS MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	NACHOS & CHEESE WITH VEGGIES WATER	RICE CAKES VEGETABLE CHEESE WATER	MEAT & CHEESE ROLL-UPS FRUIT WATER	BAGUETTE DIP VEGGIES WATER	ICECREAM DIGESTIVE COOKIES FRUIT WATER

- SAVORY SCONES IS BASED ON SPICE ADDED (EG. ROSEMARY, GARLIC, THYME, TARAGON W/ LEMON)
- WATER IS SERVED AT EVERY MEAL
- FRUIT & VEGGIES INCLUDE TWO CHOICES
- CHEESE SAUCE IS A BECHAMEL MADE WITH MILK AND REAL CHEESE

SUMMER MENU 2024 WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	EGGS FRUIT MILK	CEREAL w/ MILK FRUIT WATER	BAGELS & CREAM CHEESE FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	SWEET& SOUR MEATBALLS RICE SALAD MILK	PORK SOUVLAKI PASTA SALAD FRUIT MILK	CHICKEN CEASAR SALAD WRAPS FRUIT MILK	BEEF SLIDERS CHEESE VEGGIES MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	FRUIT CRACKERS & CHEESE WATER	BAGELS VEGGIES CHEESE WATER	FRUIT SALAD ARROWROOT COOKIES WATER	YOGURT GRANOLA FRUIT WATER	PITA HUMMUS VEGGIES WATER

-PASTA SALAD INCLUDES VEGGIES AND CHEESE WITH AN OIL OR MAYO BASED DRESSING

-WATER IS SERVED AT EVERY MEAL

-FRUIT & VEGGIES INCLUDE TWO CHOICES

SUMMER MENU 2024 WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	BAGELS CR CHEESE FRUIT MILK	CEREAL w/ MILK FRUIT WATER	WAFFLES FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	FARMERS SAUSAGE PASTA w/ CHEESE SAUCE FRUIT MILK	CHICKEN CEASAR SALAD WRAPS FRUIT MILK	VEGGIE & MEAT SUBS PICKLES GREEK SALAD MILK	BEEF VEGGIES RICE FRUIT MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	APPLE SAUCE FRUIT ARROWROOT WATER	NACHOS & CHEESE VEGGIES WATER	BAGUETTE DIP VEGGIES WATER	MEAT & CHEESE ROLL-UPS VEGGIES WATER	PROTEIN BARS CHEESE/YOGURT FRUIT WATER

-CHEESE SAUCE IS A BECHAMEL MADE WITH MILK AND REAL CHEESE

-WATER IS SERVED AT EVERY MEAL

-FRUIT & VEGGIES INCLUDE TWO CHOICES

WINTER MENU 2024 WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/MILK FRUIT WATER	EGGS FRUIT MILK	HOT CEREAL w/ MILK FRUIT WATER	BAGELS CR. CHEESE FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	CHICKEN TORTELLINI SALAD MILK	CHILLI SALAD BUNS MILK	HOMEMADE SOUP TUNA BUNS VEGGIES MILK	FISH TACOS COLESLAW MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN, DAIRY & MEAT MILK
SNACK	RICE CRACKERS SLICED CHEESE VEGGIES MILK	APPLE SAUCE GRAHAM CRACKERS WATER	BAGUETTE* DIP FRUIT MILK	FRUIT SALAD & SLICED CHEESE WATER	PRETZEL CRISPS, PEA BUTTER & APPLES MILK

BAGUETTES, FRENCH BREAD OR SOFT BUNS

PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

WATER IS SERVED AT EVERY MEAL

FRUIT & VEGGIES INCLUDE TWO CHOICES

SOUP INGREDIENTS LISTED SEPARATELY

PRETZEL CRISPS - COSTCO

WINTER MENU 2024 WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	BAGELS CR. CHEESE FRUIT MILK	HOT CEREAL w/ MILK FRUIT WATER	EGGS FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	ITALIAN PORK SPAGHETTI MARINARA VEGETABLES MILK	HOMEMADE MEATLOAF POTATOES BUN SALAD MILK	HOMEMADE SOUP GRILLED CHEESE VEGGIES MILK	CHICKEN RICE VEGETABLES MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN DAIRY MEAT MILK
SNACK	COTTAGE CHEESE FRUIT MILK	CHEESE CRACKERS VEGGIES WATER	YOGURT/ GRANOLA FRUIT MILK	PITA CRACKERS ARTICHOKE DIP/BRUSHETTA VEGGIES WATER	PRETZEL CRISPS CELERY PEA BUTTER MILK

PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

WATER IS SERVED AT EVERY MEAL

FRUIT & VEGGIES INCLUDE TWO CHOICES

SOUP INGREDIENTS LISTED SEPARATELY

WINTER MENU 2024 WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	EGGS FRUIT MILK	HOT CEREAL w/ MILK FRUIT WATER	ENGLISH MUFFIN FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	HOMEMADE SOUP GRILLED TUNA MELT with SHREDDED CHEESE VEGGIE MILK	PORK RICE VEGGIES MILK	CHICKEN & VEGGIE STEW HOMEMADE CORNBREAD MILK	HOMEMADE HAMBURGER HELPER/PASTA VEGGIES MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN DAIRY MEAT MILK
SNACK	VEGGIES & COTTAGE CHEESE MILK	BAGUETTE* DIP FRUIT WATER	FRUIT SALAD & GRAHAM CRACKERS MILK	SALAD & MELBA TOAST WATER	RICE CAKES SLICED CHEESE VEGGIES MILK

BAGUETTES, FRENCH BREAD OR SOFT BUNS

PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

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SOUP INGREDIENTS LISTED SEPARATELY

WINTER MENU 2024 WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT	ENGLISH MUFFIN FRUIT	HOT CEREAL w/ MILK FRUIT	EGGS FRUIT	CEREAL w/ MILK FRUIT
	WATER	MILK	WATER	MILK	WATER
LUNCH	HOMEMADE SOUP EGG SALAD BUNS VEGGIES	BEEF STROGANOFF POTATOES VEGETABLES BUN	SPAGHETTI MEAT SAUCE SALAD GARLIC TOAST	TURKEY TACO SALAD WITH RICE VEGGIES & CHEESE	LEFTOVERS: VEGGIE/FRUIT GRAIN DAIRY MEAT
	MILK	MILK	MILK	MILK	MILK
SNACK	PITA CRACKERS HUMMUS VEGGIES	YOGURT PARFAIT with FRUIT	FRUIT GRAHAM CRACKERS	VEGGIES & COTTAGE CHEESE	NACHOS & SHREDDED CHEESE with VEGGIES
	MILK	WATER	MILK	WATER	MILK

BAGUETTES, FRENCH BREAD OR SOFT BUNS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	EGGS FRUIT MILK	HOT CEREAL w/ MILK FRUIT WATER	ENGLISH MUFFINS FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	FISH & RICE CASSEROLE SALAD MILK	LAZY MANS BEEF CABBAGE ROLLS BUNS FRUIT MILK	SPAGHETTI MEAT SAUCE GARLIC TOAST SALAD MILK	PORK & VEGGIE STIRFRY w/ EGG NOODLES MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN DAIRY MEAT MILK
SNACK	APPLE SAUCE ANIMAL CRACKERS MILK	MARINATED VEGGIES BREADSTICKS WATER	BRUSHETTA BAGUETTE FRUIT MILK	FRUIT SALAD & SLICED CHEESE WATER	TORTILLA SHELL PIZZA with SHREDDED CHEESE VEGGIES MILK

BAGUETTES, FRENCH BREAD OR SOFT BUNS
 PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES
 WATER IS SERVED AT EVERY MEAL
 FRUIT & VEGGIES INCLUDE TWO CHOICES
 SOUP INGREDIENTS LISTED SEPARATELY

WINTER MENU 2024 WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT WATER	BAGELS CHEESE FRUIT MILK	HOT CEREAL w/ MILK FRUIT WATER	EGGS FRUIT MILK	CEREAL w/ MILK FRUIT WATER
LUNCH	HOMEMADE SOUP CHICKEN SALAD WRAPS FRUIT MILK	PORK PEROGIES VEGETABLES MILK	CHICKEN SOUVLAKI PASTA SALAD FRUIT MILK	BEEF RICE VEGGIES MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN DAIRY MEAT MILK
SNACK	YOGURT GRANOLA FRUIT MILK	MELBA TOAST & SALAD WATER	FRUIT SALSA & CINNAMON PITA CHIPS MILK	TORTILLA SHELL PIZZA with SHREDDED CHEESE & VEGGIES WATER	NACHOS & SHREDDED CHEESE WITH VEGGIES MILK

BAGUETTES, FRENCH BREAD OR SOFT BUNS

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