

SUMMER MENU 2022 WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT JUICE	WAFFLES FRUIT MILK	CEREAL w/ MILK FRUIT JUICE	YOGURT GRANOLA FRUIT WATER	CEREAL w/ MILK FRUIT JUICE
LUNCH	SAUSAGE PEROGIES VEGETABLES MILK	SOUP ROAST BEEF SANDWICHES VEGGIES MILK	BASA PITAS w/ SPROUTS & CUCUMBERS MILK	CHICKEN SOUVLAKI PASTA SALAD FRUIT MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	PRETZELS & PEA BUTTER FRUIT WATER	CROISSANTS BERRIES WHIP CREAM WATER	MARINATED VEGGIES & BREADSTICKS WATER	APPLESAUCE ARROWROOT COOKIES MILK	PIZZA BUNS VEGGIES WATER

-PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

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

SUMMER MENU 2022 WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT JUICE	YOGURT GRANOLA FRUIT WATER	CEREAL w/ MILK FRUIT JUICE	PANCAKES APPLE SAUCE MILK	CEREAL w/ MILK FRUIT JUICE
LUNCH	HOT DOGS COLESLAW YOGURT MILK	SWEET & SOUR PORK RICE & VEGGIES MILK	SOUP CHICKEN SALAD SANDWICHES VEGETABLES MILK	TACO SALAD RICE FRUIT MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	RICE CAKES CHEESE VEGGIES WATER	NACHOS & CHEESE SALSA VEGGIES MILK	PITA CRACKERS HUMMUS VEGGIES WATER	VEGETABLES & DIP RICE/SODA CRACKERS WATER	SWEET SCONES CHEESE & FRUIT WATER

-PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

SUMMER MENU 2022 WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT	PANCAKES APPLE SAUCE	CEREAL w/ MILK FRUIT	ENGLISH MUFFINS FRUIT	CEREAL w/ MILK FRUIT
	JUICE	MILK	JUICE	MILK	JUICE
LUNCH	SOUP HAM & CHEESE S/W FRUIT	CHICKEN STIRFRY RICE FRUIT	SLOPPY JOES ON BUNS WITH CHEESE COLESLAW	CHICKEN SOUVLAKI PASTA SALAD FRUIT	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT
	MILK	MILK	MILK	MILK	MILK
SNACK	CELERY PEA BUTTER PRETZELS	COTTAGE CHEESE, MELBA TOAST VEGGIES	YOGURT GRANOLA FRUIT	MARINATED VEGGIES & BREADSTICK	SWEET SCONES, BERRIES & WHIP CREAM
	WATER	WATER	WATER	WATER	WATER

-PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES

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

SUMMER MENU 2022 WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT JUICE	ENGLISH MUFFINS FRUIT MILK	CEREAL w/ MILK FRUIT JUICE	EGGS FRUIT MILK	CEREAL w/ MILK FRUIT JUICE
LUNCH	CHICKEN RICE VEGETABLES MILK	VEGGIE & MEAT SUBS PICKLES FRUIT MILK	GNOCCI & MEAT SAUCE CEASAR SALAD MILK	PULLED OR CUBED PORK ON BUNS SALAD MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	APPLE SAUCE ANIMAL CRACKERS WATER	RICE CAKES VEGETABLE CHEESE WATER	HAM & CHEESE ROLL-UPS FRUIT WATER	SAVORY SCONES CHEESE VEGGIES WATER	PIZZA BUNS VEGGIES WATER

-SAVORY SCONES IS BASED ON SPICE ADDED (EG. ROSEMARY, GARLIC, THYME, TARAGON WITH LEMON)

SUMMER MENU 2022 WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT	EGGS FRUIT	CEREAL w/ MILK FRUIT	BAGELS & CREAM CHEESE FRUIT	CEREAL w/ MILK FRUIT
	JUICE	MILK	JUICE	MILK	JUICE
LUNCH	SPAGHETTI & MEATBALLS SALAD	BASA MELT RICE CASSEROLE FRUIT	CHICKEN CEASAR SALAD WRAPS	BEEF SLIDERS CHEESE VEGGIES	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT
	MILK	MILK	MILK	MILK	MILK
SNACK	FRUIT CRACKERS & CHEESE	BAGELS VEGGIES CHEESE	NACHOS CHEESE VEGGIES	YOGURT GRANOLA FRUIT	PITA HUMMUS VEGGIES
	WATER	WATER	WATER	WATER	WATER

SUMMER MENU 2022 WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL w/ MILK FRUIT JUICE	BAGELS CREAM CHEESE FRUIT MILK	CEREAL w/ MILK FRUIT JUICE	WAFFLES FRUIT MILK	CEREAL w/ MILK FRUIT JUICE
LUNCH	TURKEY SAUSAGE PASTA w/ CHEESE SAUCE FRUIT MILK	CHICKEN CEASAR SALAD WRAPS FRUIT MILK	SOUP TUNA/CHEESE MELTS FRUIT WATER	BEEF VEGGIES RICE FRUIT MILK	LEFTOVERS: VEGGIE/FRUIT GRAIN MEAT MILK
SNACK	APPLE SAUCE & ANIMAL CRACKERS WATER	CROISSANTS BERRIES WHIP CREAM WATER	SWEET SCONES FRUIT MILK	HAM & CHEESE ROLL-UPS VEGGIES WATER	PIZZA BUNS VEGGIES WATER

-SWEET SCONES (EG. BERRIES, RAISINS, CRAISINS, LEMON RIND, ORANGE RIND, ETC)

-PANCAKES OR FRENCH TOAST MAY BE SUBSTITUTED FOR WAFFLES