

Menu Spring/Summer 2023

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Grain/meat or Equiv Milk 1%/whole (todd) Fruit or Vegetable	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Cottage cheese Pineapple© Water	Belvita Yogurt Water	Pita bread Pepperoni sticks Water	Ritz crackers Tillamook Cheddar Cheese Water	String cheese Club Crackers Water
Lunch: Meat or Equivalent Grain Fruit and Veg or 2 Veg Milk 1%/whole (todd)	Ham and Cheese Sandwiches Mandarin oranges © Corn©© Milk	Tacos (Flour tortilla, seasoned ground turkey, shredded cheddar cheese) Salad©© Bananas© Milk	Wacky Pasta (chicken, cheese & pasta in cream sauce) Peas©© & carrots@ Peaches©© Milk	Hamburger patty/bun Green beans©© pears© Milk	Turkey Sandwiches (Turkey breast and sliced cheese on WW bread) Oranges© Snap peas©© Milk
PM Snack: choose 2 Milk 1%/whole (todd) Grain Fruit or Vegetable Meat or Equivalent	Pretzels Carrots@ Ranch dressing Water	Bagel with cream cheese Berries© Water	Wheat Thins Applesauce© Water	Cheesy breadsticks Marinara sauce Olives Water	Cereal Milk Water
Vitamin A, 3 times per week: butternut squash, carrots, iceberg lettuce, kale, Sweet potato					
Vitamin C, every day: apples, bananas, berries, brussel sprouts, cauliflower, green pepper, oranges, pears, pineapple, potato w/skin, tomato					
Both A & C: broccoli, cantaloupe, corn, greenbeans, mango, peaches, peas, red pepper, spinach					

Menu Spring/Summer 2023

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Grain Milk 1% 2+ whole (T) Fruit or Vegetable	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Pepperoni sticks Carrots@ Ranch dip Water	Rice rolls Peaches@@ Water	Babybel cheese Crackers Water	Yogurt Graham crackers Water	String cheese Ritz crackers Water
Lunch: Milk 1% 2+ whole (T) Meat or Equivalent Grain (2) Fruit/Vegetable	Tuna fish Sandwich Pineapple@ Broccoli@@ Milk	Chicken Wrap (chicken breast, cheddar cheese in flour tortilla) Salad @@ Mandarin oranges@ Milk	Meat balls Mashed Potato Corn@@ Biscuit Milk	Meat-a-roni (ground turkey, tomato sauce@, pasta) Peaches@@ Green beans@@ Milk	Roast beef and Cheese on whole wheat Oranges @ Potato salad Milk
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Belvita Banana@ Water	Bagel w/ cream cheese Mixed berries@ Water	Wheat Thins Applesauce@ Water	Goldfish Pears@ Water	Cereal Milk Water

Vitamin A, 3 times per week: butternut squash, carrots, iceberg lettuce, kale, Sweet potato

Vitamin C, every day: apples, bananas, berries, brussel sprouts, cauliflower, green pepper, oranges, pears, pineapple, potato w/skin, tomato

Both A & C: broccoli, cantaloupe, corn, greenbeans, mango, peaches, peas, red pepper, spinach

Menu Spring/Summer 2023

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Grain Milk 1% 2+ whole (T) Fruit or Vegetable	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk	Choice of Cereal: Cheerios, Kix, Life Fruit assortment Milk
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Turkey Slices Ritz crackers Water	Pretzels refried beans Water	Goldfish crackers Bananas© Water	Animal Crackers Mandarin oranges© Water	Cheese quesadilla Salsa Water
Lunch: Milk 1% 2+ whole (T) Meat or Equivalent Grain (2) Fruit/Vegetable	Pizza Corn@@ Peaches@© Milk	Taco Casserole (ground turkey, taco seasoning rice, cheese) Salad@© Apple slices© Milk	Chicken patty/bun Sweet potato fries@ Oranges© Milk	Mac and Cheese Fruit cocktail© Peas@© & carrots@ Milk	Chicken Salad Sandwich pears© carrots@, celery Milk
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Graham Crackers Berries© Water	String cheese Carrots@ Ranch dip Water	Nachos (chips and cheese sauce) Water	Belvita Yogurt Water	Cereal Milk Water
Vitamin A, 3 times per week: butternut squash, carrots, iceberg lettuce, kale, Sweet potato					
Vitamin C, every day: apples, bananas, berries, brussel sprouts, cauliflower, green pepper, oranges, pears, pineapple, potato w/skin, tomato					
Both A & C: broccoli, cantaloupe, corn, greenbeans, mango, peaches, peas, red pepper, spinach					