

Menu Week A spring/summer April-August 2022

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	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	Tillamook Cheese Wheat thins Water	Bananas Pretzels Water	Yogurt Graham Crackers Water	Apples Corn Bread Water	Oranges String cheese Water
Lunch: Meat or Equivalent Grain Fruit and Veg or 2 Veg Milk 1%/whole (Tod 1)	Turkey and Cheese Sandwich Orange slices © Broccoli/ranch Milk	Macaroni and Cheese Peas/carrots (a) Apple slices Milk	Meat balls Mashed Potatoes Biscuit Carrots (a) Peaches Milk	Chicken Wraps with cheese Spinach salad © Melon Milk	Wow butter and Jelly Sandwich Berries © Green beans Milk
PM Snack: choose 2 Milk 1%/whole (Tod 1) Grain Fruit or Vegetable Meat or Equivalent	Bagels Berries Water	Pita bread Refried beans Water	Cottage Cheese Pineapple water	Fish Crackers Oranges Water	Quesadillas Water

Menu Week B spring/summer April-August 2022

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	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	oranges String cheese	Cheese Crackers Water	Cottage Cheese Pineapple Water	Egg salad Ritz Water	Biscuits Berries Water
Lunch: Milk 1% 2+ whole (T) Meat or Equivalent Grain (2) Fruit/Vegetable	Chicken Salad Sandwich pears Carrot/celery/ranch Milk	Chicken patty/bun Sweet potato fries Oranges Milk	Pasta salad Melon Olives Milk	Spaghetti Spinach Salad Peaches Milk	Ham and Cheese Sand Oranges beans Milk
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Apple slices Cheese Water	Quesadilla water	Yogurt Grahams Water	Cereal Milk	Babybell Carrot/broccoli Water

Menu Week C spring/summer April-August 2022

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	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	Apple slices Cheese water	Egg salad Ritz Water	Babybell Carrots/ Broccoli	Fish crackers Oranges	Apples Cornbread Water
Lunch: Milk 1% 2+ whole (T) Meat or Equivalent Grain (2) Fruit/Vegetable	Tuna Sandwich Carrots/celery-Ranch Bananas Milk	Pizza Spinach Salad Pineapple Milk	Tacos (ground turkey and cheese in tortilla) Corn oranges Milk	Lasagna Green beans Apples Milk	Turkey/cheese cubes ritz pickles Melon Milk
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Biscuits Berries Water	Bananas Pretzels Water	Cereal Milk	Bagels/cream cheese Berries water	Pita bread Refried beans water