

Menu Week A spring/summer April-August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Boiled egg Apple sauce water	Kix cereal Milk	Tillamoo cheese Club Crackers water	Rice Cakes Wow Butter water	Yogurt Graham Crackers 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	Roast Beef Sandwich Berries © Green beans Milk
PM Snack: choose 2 Milk 1%/whole (Tod 1) Grain Fruit or Vegetable Meat or Equivalent	Bananas Pretzels water	Oranges String Cheese water	Turkey Cubes Ritz water	Crisp Rice Cereal Milk	Pita bread Cheese dip water

Menu Week B spring/summer April-August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Cheerios Milk	Bagels Cream cheese Berries Water	Babybel cheese Club crackers Water	Cottage cheese pineapple Water	Egg salad Ritz Water
Lunch: Milk 1% 2+ whole (T) Meat or Equivalent Grain (2) Fruit/Vegetable	Chicken Salad Sandwich Applesauce Carrot/celery/ranch Milk	Hamburger patty/bun Green beans Oranges Milk	Spaghetti Spinach Salad Peaches Milk	Teriyaki Chicken rice Broccoli Cantaloupe Milk	Turkey and Cheese cubes with crackers Watermelon Cucumber slices/olives
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Cheesy bread sticks Oranges Water	Yogurt Pretzels water	Chex Cereal Milk Water	Quesadillas Water	Bagels Wow butter Water

Menu Week C spring/summer April-August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Yogurt Wheat thins water	Life Cereal Milk	Biscuit Berries water	Cheese bread sticks Marinara sauce dip Olives water	Bean/cheese burrito water
Lunch: Milk 1% 2+ whole (T) Meat or Equivalent Grain (2) Fruit/Vegetable	Wow Butter and Jelly Sandwich Carrots/celery-Ranch Bananas Milk	Wacky Pasta W/chicken & cheese Peas & Carrots Pears Milk	Tacos (ground turkey and cheese in tortilla) Corn Melon Milk	Lasagna Green beans Apples Milk	Pizza Spinach Salad Pineapple Milk
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Apple slices Sliced cheese water	Potato roll Sliced turkey water	Multi grain Cheerios Milk	Corn bread Peaches water	Fish crackers oranges water