

SPRING SEASON MENU

WEEK # 1 _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Shreddies *Bananas	*Applesauce Carrot muffins *Oranges	*Vanilla yogurt *Blueberries	*Fruit cocktail *Graham crackers	*Cinnamon toast *Oranges
LUNCH	*Chicken salad on rye bread *Cheese *Cucumbers *Apples	*Spanish lentil soup *Grated cheese *Whole Wheat crackers *Red Peppers *Pears	*Pizza Buns with Pepperoni *Cole slaw *Cole slaw dressing *Apples	*Cabbage roll casserole *Whole wheat bread with butter *Green Beans *Bananas	*Fusilli pasta *Tomato sauce *Salad with chickpeas *Ranch dressing *Pineapple
PM SNACK	*Pita Wedges *Tzatziki Dip *Carrot Sticks	*Melba Toast rounds *Chocolate cream cheese *Cantaloupe	*Trail mix *Bananas	*Vegetable Thins *Apples	*Banana Loaf *Pears
CHANGES/ SUBSTITUTIONS					

MILK AND WATER SERVED WITH EVERY MEAL

SPRING SEASON MENU

WEEK # 2 _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Raspberry yogurt *Pears	*Apple sauce *Graham crackers	*Peaches in fruit juice *Arrowroot crackers	*Toasted English muffins with grape jam *Apples	*Corn Flakes *Blueberries
LUNCH	*Vegetable soup *Goldfish crackers *Orange Peppers *Bananas	*Sloppy joes *Whole wheat buns *Cheese *Carrot Sticks *Oranges	*Baked ham *Perogies *Sour cream *Baby brussel sprouts *Apples	*Lasagna *Cucumber *Bananas	*Baked chicken *Brown Rice *Cooked Peas *Pineapple
PM SNACK	*Triscuits *Cheese *Apples	*Rice cakes *Bananas	*Red Pepper *Ranch Dip *Wheat Thins	*Zucchini Bread *Pears	*Corn Chip Rounds *Salsa *Oranges *Ritz Crackers for Toddlers
CHANGES/ SUBSTITUTIONS					

MILK AND WATER SERVED WITH EVERY MEAL

SPRING SEASON MENU

WEEK # 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> *Rice Krispies *Blueberries 	<ul style="list-style-type: none"> *Graham crackers *Oranges 	<ul style="list-style-type: none"> *Vanilla yogurt *Granola *Raspberries 	<ul style="list-style-type: none"> * Blueberry Bran muffins *Apples 	<ul style="list-style-type: none"> *Raisin toast with butter *Bananas **Whole Wheat Toast for Toddlers
LUNCH	<ul style="list-style-type: none"> *Chicken noodle soup *Cheese biscuits *Cucumbers *Bananas 	<ul style="list-style-type: none"> *English muffin tacos *Tater tots *corn *Pears 	<ul style="list-style-type: none"> *Swiss ham bake *Garden salad *Italian dressing *Apples 	<ul style="list-style-type: none"> *Shepherd's pie *Whole wheat bread with butter *Carrots *Honey Dew 	<ul style="list-style-type: none"> *Turkey *Whole wheat tortillas *Tomato *Cheese *Mustard *Red Pepper *Apples
PM SNACK	<ul style="list-style-type: none"> *Apples *Teddy grahams 	<ul style="list-style-type: none"> *Brown Rice crackers *Hummus *Carrots 	<ul style="list-style-type: none"> *Cantaloupe *Harvest Bars 	<ul style="list-style-type: none"> *Trail mix * Oranges 	<ul style="list-style-type: none"> *Arrowroot Cookies *Pineapple chunks
CHANGES/ SUBSTITUTIONS					

MILK AND WATER SERVED WITH EVERY MEAL

SPRING SEASON MENU

WEEK # 4 _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Apple sauce *Arrowroot cookies	*Cheerios *Blueberries	*Cinnamon Roll muffins *Pineapple	*Raspberry Yogurt *Apples	*Peaches in fruit juice *Graham crackers
LUNCH	*Ham *Macaroni and cheese *Ketchup *Broccoli *Oranges	*Stuffed pepper casserole *Whole wheat buns with butter *Cucumbers *Apples	*BBQ chicken quesadillas *Hash browns *corn niblets *Pears	*Sub bun sandwiches *Whole Wheat Buns *Black forest ham *Cheese *Tomato *Mustard *Bananas	*Alphabet Vegetable soup *Bread Sticks *Cheese *Apples
PM SNACK	*Animal crackers *Bananas	*Ritz Crackers *Cheese *Snap Peas	*Breton Minis *Oranges	*Pita chips *Spinach dip *Orange peppers	Applesauce Loaf *Pears
CHANGES/ SUBSTITUTIONS					

MILK AND WATER SERVED WITH EVERY MEAL

SPRING SEASON MENU

WEEK # 5 _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	*Apple sauce *Arrowroot Cookies	*Cinnamon Oatmeal *Blueberries	*Whole wheat toast *Oranges	*Pineapple chunks in juice *Graham crackers	*Apple Cinnamon muffins *Apples
LUNCH	*Cauliflower Soup *Whole Wheat Pita Wedges *Bananas	*Ham and Cheese Sandwiches *Carrot Sticks *Pears	*Ditali Pasta *Meat Sauce *Cucumbers *Honeydew Melon	*Baked Chicken *Roasted Red & Green Peppers * Rice *Apples	*Kielbasa *Cheese Quesadillas *Brown Beans in Tomato Sauce *Pears
PM SNACK	*Shake'm up Orange Bars *Oranges	*Graham Crackers *Raspberry Jam *Bananas	*Rice Cakes *Pears	*Oatmeal Chocolate Chip Cookies *Cantaloupe	*Whole Wheat Corn Chip Scoops *Guacamole Dip *Vegetable thins for Toddlers
CHANGES/ SUBSTITUTIONS					

MILK AND WATER SERVED WITH EVERY MEAL