

FALL 2016 WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M SNACK	Cheerios & Milk Orange Slices	Low-Fat Yogurt Crackers Orange Slices Milk	Shreddies & Milk Orange Slices Milk	Low-Fat Yogurt Crackers Orange Slices Milk	Cheerios & Milk Orange Slices Milk
LUNCH	Cucumber Slices & Baby Carrots Veggie (soy protein) 'Beef' in gravy with Peas & Carrots Mashed Potato Unsweetened Applesauce Milk	Cucumber Slices & Baby Carrots Veggie Dog & Baked Beans Brown Rice Green Beans Oranges Milk	Baby Carrots & Cucumber Slices Whole wheat Bread Sliced Roast Turkey Breast Tomato Soup Peaches Milk	Cucumber Slices & Baby Carrots Sweet and Sour Chicken Breast Brown Rice Sweet Corn Pears Milk	Cucumber Slices & Baby Carrots Pizza with Grilled Chicken & vegetables or Non-dairy topping/Gluten- Free with Broccoli Mixed Fruit Salad Milk
P.M. Snack	Banana Wholegrain Crackers Milk	Wholegrain Crackers & Apple Slices Milk	Whole grain Crackers Bananas Milk	Whole wheat Crackers Soy-Nut Butter Pears Milk	Whole wheat Crackers Grapes Milk
5p.m.	Crackers/Water	Crackers/Water	Crackers/Water	Crackers/Water	Crackers/Water

BOTH MILK (OR NON-DAIRY OPTION PROVIDED BY PARENT) AND WATER ARE AVAILABLE AT LUNCH AND SNACK TIMES

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A.M SNACK	Cheerios & Milk Orange Slices	Low-Fat Yogurt Crackers Orange Slices Milk	Shreddies & Milk Orange Slices Milk	Low-Fat Yogurt Crackers Orange Slices Milk	Cheerios & Milk Orange Slices Milk
LUNCH	Cucumber Slices & Baby Carrots Teriyaki Tofu Quinoa Sweetcorn Unsweetened Apple Sauce Milk	Cucumber Slices & Baby Carrots Vegetarian Chili (Soy protein/diced tomatoes/a beans/mildly seasoned) Brown Rice Oranges Milk	Cucumber Slices & Baby Carrots Whole wheat Bread Sliced Roast Turkey Breast Chicken Rice & Vegetable Soup Peaches Milk	Cucumber Slices & Baby Carrots Quinoa Crusted Chicken Breast Brown Rice Green Beans Pears Milk	Baby Carrots & Cucumber Slices 3- Bean Salad Whole wheat Pita Pizza With Tomato sauce Basil & Mozzarella Cheese (or non-dairy topping) Mixed Fruit Salad Milk
P.M. Snack	Banana Wholegrain Crackers Milk	Wholegrain Crackers & Apple Slices Milk	Wholegrain Crackers Bananas Milk	Whole wheat Crackers Soy-Nut Butter Pears Milk	Whole wheat Crackers Grapes Milk
5p.m.	Crackers/Water	Crackers/Water	Crackers/Water	Crackers/Water	Crackers/Water

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LUNCH	Cucumber Slices & Baby Carrots Chicken Breast Burger Whole wheat Bun Peas and Carrots Apple Slices Milk	Cucumber Slices & Baby Carrots Green Beans Penne Pasta Soy Protein 'Beef' Diced Tomato Non-Dairy Cheese Oranges Milk	Cucumber Slices & Baby Carrots Whole wheat Bread Sliced Roast Turkey Breast Tomato Soup Peaches Milk	Cucumber Slices & Baby Carrots Souvlaki Chicken Brown Rice Mixed Vegetables Pears Milk	Cucumber Slices & Baby Carrots Multigrain Nacho Chips Soy 'Ground Beef' Grated Cheese (or non-dairy topping) Salsa Sweetcorn Mixed Fruit Salad Milk
P.M. Snack	Banana Wholegrain Crackers Milk	Wholegrain Crackers & Apple Slices Milk	Wholegrain Crackers Bananas Milk	Whole wheat Crackers Soy-Nut Butter Pears Milk	Whole wheat Crackers Grapes Milk
5p.m.	Crackers/Water	Crackers/Water	Crackers/Water	Crackers/Water	Crackers/Water

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