

2015 Spring Menu: WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Cheerios Cereal & Milk Orange Slices	Crackers & Low-fat Yogurt Water Orange Slices	Shreddies cereal Milk Orange Slices	Low-fat Yogurt Crackers Orange Slices Water	Breakfast Pita Orange Slices Milk
LUNCH	Baby Carrots Whole-wheat Tortilla Baked Chicken Breast Strip or Veggie 'chicken' strip Shredded Romaine Lettuce Apple Slices Milk	Baby Carrots & Cucumber Slices Spring Mix Salad Beef or Vegetable Lasagna Breadsticks Orange Wedges Milk	Cucumber Slices & Baby Carrots Tomato Soup Wholewheat buns with Sliced Roast Turkey Breast / Veggie deli slices Melon Milk	Baby Carrots & Cucumber Slices Beef Meatballs or Vegetarian (soy protein) 'Meat'balls Tomato Basil Sauce Spaghetti Parmesan Cheese (Optional) Pear Milk	Cucumber Slices & Baby Carrots Whole-wheat Pizza with Tomato Sauce Grilled Chicken and cheese Veg: Whole-wheat pizza with cheese and vegetarian 'chicken' strip pieces Fruit Salad Milk
P.M. Snack	Banana Chunks Wholegrain crackers Milk	Wholegrain crackers Grapes Milk	Goldfish Crackers Bananas & Milk	Whole-wheat Bagel & Soy-nut butter Apple Slices Milk	Multigrain crackers and Soy- nut butter Grapes Milk
5 P.M.	Breadsticks & Water	Breadsticks & Water	Breadsticks & Water	Breadsticks & Water	Breadsticks & Water

Both water and milk are available at lunch and all snack times

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A.M. SNACK	Cheerios Cereal & Milk Orange slices	Crackers and Low-fat Yogurt Water Orange Slices	Shreddies cereal Milk Orange Slices	Low-fat Yogurt Crackers Orange Slices Water	Breakfast Pita Orange Slices Milk
LUNCH	Green Salad & Baby Carrots Chicken Breast Burger or Veggie Burger (Soy Protein) Sweet Corn Wholewheat Buns Apple Slices Milk	Baby Carrots Homemade Macaroni & Cheese with White Kidney Beans Green Beans Orange Wedges Milk	Green Pepper Strips & Baby Carrots Vegetable Soup Multigrain Bread with Turkey breast Or Veggie deli Slices Melon Milk	Baby Carrots Teriyaki Tofu Quinoa Spinach Pear Milk	Baby Carrots & Cucumber Slices Turkey or Tofu Wieners Whole-wheat Buns Sweet corn Fruit Salad Milk
P.M. Snack	Banana Chunks Wholegrain crackers Milk	Pear Slices Wholegrain crackers Milk	Goldfish Crackers Apple Slices & Milk	Wholewheat Bagel & Soy nut Butter Bananas Milk	Multigrain crackers Grapes Milk
5 P.M.	Crackers and water	Crackers and water	Crackers and water	Crackers and water	Crackers and water

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Cheerios Cereal & Milk Orange slices	Crackers and Low-fat Yogurt Water Orange Slices	Shreddies cereal Milk Orange Slices	Low-fat Yogurt Crackers Orange Slices Water	Breakfast Pita Orange Slices Milk
LUNCH	Baby Carrots Sweet & Sour Beef or Vegetarian soy protein) Meatballs Brown Rice Green Beans Apple Slices Milk	Green Salad Vegetarian 'Beefaroni' Whole-wheat Macaroni with Vegetable Protein & Diced Plum Tomatoes Italian Bread and Butter Orange Wedges Milk	Cucumber Slices Tomato Soup Multigrain Bread with Turkey breast Or Veggie deli Slices Melon Milk	Baby Carrots & Cherry Tomatoes Vegetarian Shepherd's Pie (Soy Protein Ground 'beef', Mashed Potato, Peas and Carrots, Grated Cheddar Cheese) Whole-wheat Bread Pear Milk	Cucumber Slices & Baby Carrots Whole-wheat Pizza with Tomato Sauce Grilled Chicken and cheese Veg: Whole- wheat pizza with cheese and vegetarian 'chicken' strip pieces Fruit Salad Milk
P.M. Snack	Banana Chunks Wholegrain crackers Milk	Pear Slices Wholegrain crackers & Milk	Goldfish Crackers Apple Slices & Milk	Wholewheat Bagel & Soy-nut Butter Bananas Milk	Multigrain crackers Grapes Milk
5 P.M.	Breadsticks & Water	Breadsticks & Water	Breadsticks & Water	Breadsticks & Water	Breadsticks & Water

Both water and milk are available at lunch and all snack times

2015 Spring Menu: WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Cheerios Cereal & Milk Orange slices	Crackers and Low-fat Yogurt Water Orange Slices	Shreddies cereal Milk Orange Slices	Low-fat Yogurt Crackers Orange Slices Water	Breakfast Pita Orange Slices Milk
LUNCH	Baby Carrots Marinated Tofu Couscous Sweetcorn Apple Slices Milk	Green Salad Beef or Cheese Tortellini Alfredo Sauce Parmesan Cheese Breadsticks Orange Wedges Milk	Baby Carrots Vegetable Soup Wholewheat Tortilla Cream cheese and Turkey Breast or Veggie deli slices Melon Milk	Cucumber Slices Vegetarian Nachos Multigrain Nacho Chips Vegetable Soy Protein 'Ground Beef' Grated Cheddar Cheese Shredded Lettuce Sour Cream Pear Milk	Cucumber Slices & Baby Carrots Turkey or Tofu Wieners and Wholewheat buns Sweetcorn Fruit Salad Milk
P.M. Snack	Banana Chunks Wholegrain crackers Milk	Unsweetened Apple Sauce Wholegrain crackers Milk	Goldfish Crackers Apple Slices & Milk	Wholewheat Crackers Oranges Milk	Multigrain crackers and Soy-nut butter Milk
5 P.M.	Crackers and water	Crackers and water	Crackers and water	Crackers and water	Crackers and water

Both water and milk are available at lunch and all snack times