



# Snack & Lunch Menu



Week: 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole Grain Cheerios & Milk	Biscuits & Fresh Fruit	Whole Grain Waffles & Fresh Fruit	Bran Muffins & Applesauce	Cottage Cheese & Mango
Lunch	Grilled Cheese Sandwiches on Whole Wheat Bread, Peas, Assorted Fruit & Milk	Black Bean & Cheese Burritos on Whole Wheat Tortillas, Corn, Mixed Fruit & Milk	Lentil & Bean Soup, Broccoli, Saltine Crackers, Assorted Fruit & Milk	Whole Wheat Pasta with Marinara, Turkey Meatballs, Green Beans, Assorted Fruit & Milk	Whole Wheat English Muffin Cheese Pizzas, Mixed Veggies, Assorted Fruit & Milk
Afternoon Snack	Whole Wheat Triscuits & Apple Slices	Whole Grain Wheat Thins & Cucumbers	Whole Wheat Pita & Hummus	Celery Sticks & Soy-nut Butter with Raisins	Rice Cakes & Apple Slices

**\*Both Non-GMO products and fresh, organic fruit/vegetables are used when available and alternate depending on seasonal availability.**

Menu is subject to change.



# Snack & Lunch Menu



Week: 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole Wheat English Muffins, Fruit Spread & Milk	Whole Grain Oatmeal & Bananas	Plain Yogurt with Granola & Raisins	Whole Grain Cheerios & Milk	Whole Wheat Bagels, Cream Cheese & Cucumbers
Lunch	Grilled Chicken Breast Strips & Brown Rice, Broccoli, Assorted Fruit & Milk	Vegetable Lasagna, Carrots, Assorted Fruit & Milk	Whole Wheat Pasta Parmesan with Peas, Green Beans, Assorted Fruit & Milk	Turkey Sandwiches on Whole Wheat Bread, Peas/Carrots, Applesauce & Milk	Veggie Burgers on Whole Wheat Buns, Sweet Potato Fries, Assorted Fruit & Milk
Afternoon Snack	Whole Wheat Fig Bars & Apple Slices	Wheat Thin Crackers & Orange Slices	Whole Grain Triscuits & Cucumber Slices	Whole Wheat Pita & Hummus	Saltine Crackers & Cheese Slices

\*Both Non-GMO products and fresh, organic fruit/vegetables are used when available and alternate depending on seasonal availability.

Menu is subject to change.



# Snack & Lunch Menu



Week: 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole Wheat Triscuits & Orange slices	Bran Muffins & Fresh Fruit	Whole Grain Cheerios & Milk	Cottage Cheese & Pineapple	Whole Grain Oatmeal & Bananas
Lunch	Lentil/Vegetable Soup, Brown Rice, Assorted Fruit & Milk	Turkey Meatballs, Whole Wheat Garlic Toast, Corn, Assorted Fruit & Milk	Whole Wheat English Muffin Cheese Pizzas, Peas, Assorted Fruit & Milk	Grilled Chicken Breast Strips, Mashed Potatoes, Assorted Fruit & Milk	Black Bean & Cheese Burritos on Whole Wheat Tortillas, Carrots, Assorted Fruit & Milk
Afternoon Snack	Celery Sticks & Cream Cheese	Rice Cakes & Apple Slices	Whole Wheat Tortilla Cucumber & Hummus Wraps	Wheat Thin Crackers & Orange Slices	Triscuits with Fresh Fruit

\*Both Non-GMO products and fresh, organic fruit/vegetables are used when available and alternate depending on seasonal availability  
Menu is subject to change



# Snack & Lunch Menu



Week: 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole Wheat Bagels, Cream Cheese & Cucumbers	Whole Grain Oatmeal & Fresh Fruit	Plain Yogurt & Assorted Berries	Whole Wheat Tortilla & Banana Rollups	Whole Wheat English Muffins, Fruit Spread & Milk
Lunch	Cheese Quesadillas on Whole Wheat tortillas, Carrots, Assorted Fruit & Milk	Turkey Sandwiches on Whole Wheat Bread, Peas, Assorted Fruit & Milk	Grilled Chicken Breast Strips, Brown Rice, Green Beans, Assorted Fruit & Milk	Vegetable Soup, Cheesy Toast on Whole Wheat Bread, Assorted Fruit & Milk	Whole Wheat Pasta Parmesan with Peas, Green Beans, Assorted Fruit & Milk
Afternoon Snack	Cucumbers, Saltines & Cheese Slices	Whole Wheat Fig Bars & Apple Slices	Wheat Thin Crackers & Orange Slices	Whole Wheat Pita & Hummus	Whole Grain Triscuit Crackers & Applesauce

\*Both Non-GMO products and fresh, organic fruit/vegetables are used when available and alternate depending on seasonal availability  
Menu is subject to change