

CHEF PREPARED MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			a.m. Yogurt with Blueberries Chicken Chili W/ Brown Rice Carrots *Apple Slices p.m. *Fresh Melon	a.m. Whole Grain Fig Bars *Broccoli Cheese Soup Toasted Pita Bread Peas & Carrots Bananas p.m. Sun butter & Jam Sandwich Squares
5	6	7	8	9
	a.m. Low Fat Yogurt Grilled Chicken & Cheese Pita Sandwich Cauliflower *Fresh Watermelon p.m. Rice Cakes	a.m. Bananas Turkey & Cheese Toasted Sandwiches On Wheat Bread *Tomato & Cheese Salad w/ Low Fat Italian Mixed Fruit p.m. Crackers, Cheese & Pepperoni Slices	a.m. Cinnamon Toast Pinto Bean Chili W/ Corn Bread Zucchini & Squash Mandarin Oranges p.m. *Apples & Cheese Slices	a.m. Warm Cinnamon *Apples Three Bean soup Toasted Pita Bread Peas & Carrots Peaches p.m. English Muffins W/ Sun butter & Bananas Slices
12	13	14	15	16
a.m. Whole Grain Waffles Cod fish filet W/ Spanish Rice Snap Peas Pears p.m. Pretzels & Sun Butter	a.m. Cinnamon Biscuits Beef and Fresh *Tomato Bake Pinto Beans Coleslaw Pineapple p.m. Baked Cheese Itz Crackers	a.m. Fruit and Yogurt Parfait Chicken Veggie Salad Wraps Toasted Pita Bread Corn & *Fresh Tomato Mandarin Oranges p.m. *Fresh Melon	a.m. Wheat Cheese Toast Turkey Tetrizzini Casserole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Ranch Bananas p.m. *Apples & Sun Butter	a.m. Bananas Whole Wheat Fettuccine Alfredo Garlic Bread Mixed Vegetables *Apple Slices p.m. Pita Bread & Hummus
19	20	21	22	23
a.m. Whole Grain Pancakes Cheesy Chicken & Spinach Casserole Flour Tortillas Green Beans Peaches p.m. Fruit & Grain Bars	a.m. Yogurt with Fresh Berries Shepard's Pie Garlic Bread Corn Apple Sauce p.m. Rice Cakes	a.m. Bananas Beef Stroganoff Wheat Bread *Broccoli Mixed Fruit p.m. *Apple Slices	a.m. English Muffins & Sun Butter Baked Chicken w/ Stuffing Carrots Mandarin Oranges p.m. Cucumbers/*Carrots & Low Fat Ranch	a.m. Warm Cinnamon *Apples Tomato Soup Toasted Cheese Sandwich Peas *Fresh Melon p.m. Cheese & *Tomato Quesadilla
26	27	28	29	30
a.m. Bagels & Cream Cheese Whole Wheat Fettuccine Alfredo w/Grilled Chicken Garlic Bread Asparagus Pineapple p.m. Cheese Slices & Wheat Crackers	a.m. Sausage Biscuit Turkey Flat Bread Pizza Cauliflower Pears p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait Ham, Potato & Veggie Bake Wheat Bread Zucchini & Squash Mandarin Oranges p.m. *Fresh Melon	a.m. Cinnamon Toast Chicken and *Broccoli Pasta Garlic Bread Peas & Carrots Mixed Fruit p.m. Bananas	a.m. Whole Grain Fig Bars Spaghetti W/ Marinara Sauce Garlic Bread *Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices p.m. Sun Butter & Jam Sandwich Squares



September
2022

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



DOWNLOAD MENU
TO YOUR PHONE

- All varieties of dairy are low fat & made from reduced fat/2% milk.
 - Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
 - All servings of vegetables are fresh/frozen daily.
 - Children under two are served soft fruit and veggies in place of fresh.
 - All eggs are fully cooked before serving
- * Indicates local Farm Fresh Options**

Ask your principal about vegetarian & vegan dietary needs!

