

AM Snack Menu / Fall 2023

September / October / November
V = Vegetarian

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	9/11, 10/9, 11/6 • Toasted Oats • Fresh Oranges • Organic Milk	9/12, 10/10, 11/7 • Whole Grain Pancakes* w/ Applesauce • Fresh Pineapple • Organic Milk	9/13, 10/11, 11/8 • Mini Bagels • Cream Cheese • Fresh Apples • Organic Milk	9/14, 10/12, 11/9 • WG Biscuits* • Chicken Sausage • Fresh Eggs V • Fresh Oranges • Organic Milk	9/15, 10/13, 11/10 • Blueberry Muffins • Fresh Honeydew • Organic Milk
WEEK 2	9/18, 10/16, 11/13 • Corn Chex • Fresh Oranges • Organic Milk	9/19, 10/17, 11/4 • Whole Grain French Toast Sticks* • Turkey Bacon • Fresh Eggs V • Fresh Pineapple • Organic Milk	9/20, 10/18, 11/15 • English Muffins • Scrambled Eggs • Fresh Apples • Organic Milk	9/21, 10/19, 11/16 • Toasted Oats • Vanilla Yogurt • Fresh Oranges • Organic Milk	9/22, 10/20, 11/17 • Apple Spice Muffins • Fresh Cantaloupe • Organic Milk
WEEK 3	9/25, 10/23, 11/20 • Toasted Oats • Fresh Oranges • Organic Milk	9/26, 10/24, 11/21 • Whole Grain Pancakes* w/ Applesauce • Fresh Pineapple • Organic Milk	9/27, 10/25, 11/22 • Homemade WG Granola* • Vanilla Yogurt • Fresh Apples • Organic Milk	9/28, 10/26, 11/23 • Whole Grain Waffles* w/ Pear Puree • Fresh Oranges • Organic Milk	9/1, 9/29, 10/27, 11/24 • Lemon Poppy Muffins • Fresh Honeydew • Organic Milk
WEEK 4	9/4, 10/2, 10/30, 11/27 • Rice Krispies • Fresh Oranges • Organic Milk	9/5, 10/3, 10/31, 11/28 • Whole Grain Waffles* w/ Applesauce • Fresh Pineapple • Organic Milk	9/6, 10/4, 11/1, 11/29 • Mini Bagels • Cream Cheese • Fresh Apples • Organic Milk	9/7, 10/5, 11/2, 11/30 • Whole Grain Biscuits* • Chicken Sausage • Fresh Eggs V • Fresh Oranges • Organic Milk	9/8, 10/6, 11/3 • Cinnamon Roll Muffins • Fresh Cantaloupe • Organic Milk

Organic Plain Milk SERVED WITH ALL BREAKFAST AND LUNCHESES* - Menu provided by Food2You. Water available to children at all times - (*) denotes item is Whole Grain (WG) v2.0
This menu has been reviewed by Betsy Sejdu, MHA, RD, LD - (V) denotes item is Whole Grain (WG)

Lunch Menu / Fall 2023

September / October / November
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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	9/11, 10/9, 11/6 • Turkey Alla Gricia • Whole Grain Penne • Tofu Alla Gricia V • Green & Yellow Beans • Fresh Apples	9/12, 10/10, 11/7 • Chicken Tacos • Whole Grain Tortillas* • Salsa Veggie Crumbles V • Peas & Carrots • Fresh Bananas	9/13, 10/11, 11/8 • Chicken Sliders • Whole Grain Rolls* • Veggie Burger V • Tomato Ketchup • Broccoli & Cauliflower • Fresh Cantaloupe	9/14, 10/12, 11/9 • Whole Grain Rosini Roasted Tomato Sauce • Chicken Sausage • Organic Tomato Tofu V • 4 Veggie Blend • Fresh Watermelon	9/15, 10/13, 11/10 • Whole Grain* Garlic Bread Pizza • Green Beans & Diced Carrots • Fresh Fruit Salad
WEEK 2	9/18, 10/16, 11/13 • Whole Grain Mac and Cheese • Broccoli & Cauliflower • Fresh Apples	9/19, 10/17, 11/4 • Lemon-Herb Chicken • White Rice • Lemon Herb Tofu V • Peas & Carrots • Fresh Bananas	9/20, 10/18, 11/15 • Whole Grain Penne Pasta* • Parmesan Cheese • Green & Yellow Beans • Fresh Honeydew	9/21, 10/19, 11/16 • Whole Grain Chicken Bites* • Tomato Ketchup • Veggie Bites V • 4 Veggie Blend • Fresh Watermelon	9/22, 10/20, 11/17 • Chicken Cacciatore • Tofu Cacciatore V • Whole Grain Rolls* • Green Beans & Diced Carrots • Fresh Fruit Salad
WEEK 3	9/25, 10/23, 11/20 • Whole Grain Cheese Tortellini in Garlic & Herb Oil • Green & Yellow Beans • Fresh Apples	9/26, 10/24, 11/21 • Southwest Chicken & White Rice Bowl* • Organic Tofu V • Peas & Carrots • Fresh Bananas	9/27, 10/25, 11/22 • Turkey Meatballs in Brown Gravy • Tofu in Gravy V • Whole Grain Rolls* • Broccoli & Cauliflower • Fresh Cantaloupe	9/28, 10/26, 11/23 • Chicken Alfredo • Whole Grain Rosini • Tofu Alfredo V • 4 Veggie Blend • Fresh Watermelon	9/1, 9/29, 10/27, 11/24 • Chicken Fajitas • Whole Grain Tortillas • Tofu Fajitas V • Green Beans & Diced Carrots • Fresh Fruit Salad
WEEK 4	9/4, 10/2, 10/30, 11/27 • Whole Grain Bean & Cheese Burritos • Broccoli & Cauliflower • Fresh Apples	9/5, 10/3, 10/31, 11/28 • Whole Grain Chicken Bites • Tomato Ketchup • Veggie Bites V • Green & Yellow Beans • Fresh Bananas	9/6, 10/4, 11/1, 11/29 • Whole Grain Rotini & Herbs* • Parmesan Cheese • Peas & Carrots • Fresh Honeydew	9/7, 10/5, 11/2, 11/30 • Turkey Tetrazzini w/ Whole Grain Penne • Veggie Crumbles V • 4 Veggie Blend • Fresh Watermelon	9/8, 10/6, 11/3 • Stir-Fry Chicken & WG Brown Rice* • Asian Tofu V • Green Beans & Diced Carrots • Fresh Fruit Salad

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PM Snack Menu / Fall 2023

September / October / November
V = Vegetarian

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	9/11, 10/9, 11/6 • Pretzel Twists • String Cheese • Water	9/12, 10/10, 11/7 • Kids Mix • Fresh Peaches • Water	9/13, 10/11, 11/8 • Cheddar Goldfish • Organic Milk	9/14, 10/12, 11/9 • Graham Squares* • Fresh Bananas • Water	9/15, 10/13, 11/10 • Club Crackers • Fresh Apples • Water
WEEK 2	9/18, 10/16, 11/13 • Mini Naan Bread • American Cheese • Water	9/19, 10/17, 11/4 • Cheddar Goldfish • Fresh Plums • Water	9/20, 10/18, 11/15 • Mini Bagels • Cream Cheese • Organic Milk	9/21, 10/19, 11/16 • Animal Crackers • Fresh Bananas • Water	9/22, 10/20, 11/17 • Whole Grain Wheat Crackers* • Fresh Apples • Water
WEEK 3	9/25, 10/23, 11/20 • Ritz Crackers • String Cheese • Water	9/26, 10/24, 11/21 • Mini Bagels • Cream Cheese • Fresh Peaches	9/27, 10/25, 11/22 • Pretzel Twists • American Cheese • Water	9/28, 10/26, 11/23 • Graham Squares* • Fresh Bananas • Water	9/1, 9/29, 10/27, 11/24 • Kids Mix • Fresh Apples • Water
WEEK 4	9/4, 10/2, 10/30, 11/27 • Whole Grain Wheat Crackers* • American Cheese • Water	9/5, 10/3, 10/31, 11/28 • Animal Crackers • Fresh Plums • Water	9/6, 10/4, 11/1, 11/29 • Toasted Oats • Vanilla Yogurt • Water	9/7, 10/5, 11/2, 11/30 • Mini Croissant • Fresh Bananas • Water	9/8, 10/6, 11/3 • Club Crackers • Fresh Apples • Water

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Allergy Menu / Fall 2023

September / October / November
Gluten, wheat, egg, dairy, soy, fish, peanut & tree nut free

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	9/11, 10/9, 11/6 • Turkey Alla Gricia • Fresh Apples • Green & Yellow Beans • Fresh Apples	9/12, 10/10, 11/7 • Chicken Breast • Corn Tortillas • Vegan Cheese • Peas & Carrots • Fresh Bananas	9/13, 10/11, 11/8 • Corn Flour Pasta • Diced Chicken • Broccoli & Cauliflower • Fresh Cantaloupe	9/14, 10/12, 11/9 • Roasted Chicken • Green Beans • 4 Veggie Blend • Fresh Watermelon	9/15, 10/13, 11/10 • Vegan Quesadillas • Green Beans & Diced Carrots • Fresh Fruit Salad
WEEK 2	9/18, 10/16, 11/13 • Vegan Mac & Cheese • Corn Flour Pasta • Broccoli & Cauliflower • Fresh Apples	9/19, 10/17, 11/4 • Lemon-Herb Chicken w/ White Rice* • Peas & Carrots • Fresh Bananas	9/20, 10/18, 11/15 • Grilled Chicken • Brown Rice • Green & Yellow Beans • Fresh Honeydew	9/21, 10/19, 11/16 • Chicken Breast • Corn Flour Pasta • 4 Veggie Blend • Fresh Watermelon	9/22, 10/20, 11/17 • Chicken in Salsa • Corn Tortillas • Green Beans & Diced Carrots • Fresh Fruit Salad
WEEK 3	9/25, 10/23, 11/20 • Chicken & Herbs • Corn Flour Noodles • Green & Yellow Beans • Fresh Apples	9/26, 10/24, 11/21 • Southwest Chicken • White Rice Bowl* • Peas & Carrots • Fresh Bananas	9/27, 10/25, 11/22 • Chicken in Salsa • Corn Tortillas • Broccoli & Cauliflower • Fresh Cantaloupe	9/28, 10/26, 11/23 • Roasted Chicken • Corn Flour Noodles • 4 Veggie Blend • Fresh Watermelon	9/1, 9/29, 10/27, 11/24 • Chicken Fajitas • Corn Tortillas • Green Beans & Diced Carrots • Fresh Fruit Salad
WEEK 4	9/4, 10/2, 10/30, 11/27 • Vegetarian Burrito Bowl • Corn Tortillas • Broccoli & Cauliflower • Fresh Apples	9/5, 10/3, 10/31, 11/28 • Chicken Breast • Corn Tortillas • Green & Yellow Beans • Fresh Bananas	9/6, 10/4, 11/1, 11/29 • Grilled Chicken • Corn Flour Pasta • Peas & Carrots • Fresh Honeydew	9/7, 10/5, 11/2, 11/30 • Ground Turkey • Corn Flour Pasta • 4 Veggie Blend • Fresh Watermelon	9/8, 10/6, 11/3 • Stir-Fry Chicken • Brown Rice • Green Beans & Diced Carrots • Fresh Fruit Salad

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