

Sample Snack/Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>AM SNACK Cheerios & milk</p> <p>LUNCH Cheese manicotti Green Beans Whole wheat bread with butter Fresh fruit</p> <p>PM SNACK Applesauce & breadsticks</p>	<p>AM SNACK Wheat waffle with honey</p> <p>LUNCH Beef & turkey taco Corn Grated cheese Fresh fruit</p> <p>PM SNACK Fresh oranges & multigrain crackers</p>	<p>AM SNACK Fresh apples and wheat crackers</p> <p>LUNCH Vegetarian quiche Diced carrots French bread with butter Fresh fruit</p> <p>PM SNACK Cheese quesadillas</p>	<p>AM SNACK Life cereal & milk</p> <p>LUNCH Spaghetti with meat sauce Grated cheese Spinach salad Wheat bread with butter Fresh Fruit</p> <p>PM SNACK Lettuce wraps with turkey slices</p>	<p>AM SNACK Cottage cheese with pineapple</p> <p>LUNCH Meatball sub with tomato sauce Grated cheese Roll Peas Fresh fruit</p> <p>PM SNACK Pitas with cheese and salsa</p>
<p>AM SNACK Wheat toast with apple butter</p> <p>LUNCH Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread with butter Fresh fruit</p> <p>PM SNACK Cheese sticks & crackers</p>	<p>AM SNACK Wheat tortilla with strawberry jam</p> <p>LUNCH Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p> <p>PM SNACK Tomato soup with oyster crackers</p>	<p>AM SNACK Cereal & milk</p> <p>LUNCH Vegetarian lasagna Tossed salad Wheat bread with butter Fresh fruit</p> <p>PM SNACK Steamed corn & butter</p>	<p>AM SNACK Yogurt with nut free granola</p> <p>LUNCH Turkey sloppy joe Carrots Roll Fresh fruit</p> <p>PM SNACK Crackers & fresh pears</p>	<p>AM SNACK Pancakes with honey</p> <p>LUNCH Chicken fajitas Flour tortilla Squash Fresh fruit</p> <p>PM SNACK Fish sticks and ketchup</p>
<p>AM SNACK Yogurt with nut free granola</p> <p>LUNCH Chicken chili Southwest salad Whole wheat bread with butter Fresh fruit</p> <p>PM SNACK Shredded carrot & ranch dressing</p>	<p>AM SNACK Wheat mini bagel with cream cheese</p> <p>LUNCH BBQ chicken leg Mixed vegetables Corn bread with butter Fresh fruit</p> <p>PM SNACK Wheat tortilla & hummus</p>	<p>AM SNACK Fresh fruit salad</p> <p>LUNCH Ravioli with olive oil & tomato sauce Peas Whole wheat bread with butter Fresh fruit</p> <p>PM SNACK Wheat crackers & cheese</p>	<p>AM SNACK Wheat waffles with apple butter</p> <p>LUNCH Hamburger patty Beans with tomato sauce Roll Fresh fruit</p> <p>PM SNACK Steamed rice & vegetables</p>	<p>AM SNACK Cheerios & milk</p> <p>LUNCH Cheese melt Tomato pasta soup Fresh fruit</p> <p>PM SNACK Couscous with chick peas lime juice</p>
<p>AM SNACK Cornflakes & milk</p> <p>LUNCH Cheese melt Tomato pasta soup Fresh fruit</p> <p>PM SNACK Peach smoothie & apple slices</p>	<p>AM SNACK Mandarin oranges & Saltines</p> <p>LUNCH Hamburger stroganoff Noodles Broccoli & cheese salad Fresh fruit</p> <p>PM SNACK Rotini pasa with pasta sauce</p>	<p>AM SNACK Cheese toast & apples</p> <p>LUNCH Paella with fish & chicken Pineapple/mango cole slaw Whole wheat pbread with butter Fresh fruit</p> <p>PM SNACK Wheat wafers & fresh strawberries</p>	<p>AM SNACK Cinnamon oatmeal</p> <p>LUNCH Turken sloppy joe Carrots Roll Fresh fruit</p> <p>PM SNACK Soy butter & jelly sandwiches</p>	<p>AM SNACK Cereal bars & applesauce</p> <p>LUNCH Pizza Garden salad Fresh fruit</p> <p>PM SNACK Fig Newtons & cheese sticks</p>

Lunch is provided by Good Food Company, a locally owned family business dedicated to providing healthy options for children in daycare. Water is served throughout the day. Milk is served with lunch, AM Snack and some PM snacks.