



Breakfast Menu: July 2020 through October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 6/29, 8/3, 9/7, 10/12	Milk WG Total Cereal Diced Peaches	Milk Turkey Sausage Hash Browns Sliced Pears	Milk WG English Muffin Cinnamon Apples	Milk WG Toast Scrambled Eggs Mandarin Oranges	Milk WG Cinnamon Rolls Bananas
Week Two 7/6, 8/10, 9/14, 10/19	Milk WG Pancakes Applesauce	Milk WG Cheerios Diced Peaches	Milk WG Egg & Cheese Sandwich Diced Pineapple	Milk WG Biscuit Warm Turkey Ham Slices Mixed Berries	Milk WG Bagels w/ Cream Cheese Sliced Mangos
Week Three 7/13, 8/17, 9/21, 10/26	Milk WG Waffles Fresh Oranges	Milk WG Egg & Cheese Quesadilla Fresh Apple Slices	Milk WG Chex Cereal Bananas	Milk WG French Toast Tropical Fruit	Milk WG Breakfast Pizza on English Muffin Blueberries
Week Four 7/20, 8/24, 9/28	Milk Turkey Sausage Hash Browns Diced Peaches	Milk WG Cinnamon Roll Blueberries	Milk WG Bagels w/ Cream Cheese Tropical Fruit	Milk WG Total Cereal Mandarin Oranges	Milk WG Pancakes Sliced Pears
Week Five 7/27, 8/31, 10/5	Milk WG French Toast Diced Pineapple	Milk WG Breakfast Pizza on English Muffin Sliced Mangos	Milk WG Cheerios Mixed Berries	Milk WG Egg & Cheese Sandwich Fresh Oranges	Milk WG Waffles Cinnamon Apples

* WG = Whole Grain; WW = Whole Wheat; HM = Homemade

** We serve only whole milk to children between the ages of 1 and 2. We serve only 1% milk to children ages 2 and older.

***Milk /Water Alternative = When dairy/protein option is satisfied during snack children may choose to drink water rather than milk or juice where indicated. On all other days and meals, only milk will be served. Children with special dairy restrictions must still be served the alternative source indicated.

**** Veggies served with dip include broccoli, and carrots.

Children will be served a different meal on field trips. For every field trip, lunch will consist of a turkey and cheese wrap or sandwich, fresh fruit, baby carrots, and fruit juice.



Lunch Menu: July 2020 through October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 6/29, 8/3, 9/7, 10/12	Milk Chicken Nuggets Tater Tots Peas Mixed Berries	Milk HM Tuna Salad WG Crackers Peas Sliced Mangos	Milk WG Pizza Green Beans Diced Pears	Milk BBQ Chicken Sliders WG Slider Roll Baby Carrots Tropical Fruit	Milk HM Turkey Macaroni WG Roll Cauliflower Sliced Cinnamon Apples
Week Two 7/6, 8/10, 9/14, 10/19	Milk HM Orange Chicken & Broccoli Brown Rice Mandarin Oranges	Milk Turkey & Cheese Sub on WG Roll Cauliflower Fresh Apples	Milk Beef Burgers on WG Roll Corn Mixed Berries	Milk WG Bread Fish Nuggets Spinach Tropical Fruit	Milk HM Chicken Salad WG Crackers Peas Fresh Oranges
Week Three 7/13, 8/17, 9/21, 10/26	Milk HM Grilled Cheese WG Bread Tater Tots Green Beans Sliced Pears	Milk HM Orange Chicken & Broccoli Brown Rice Mixed Berries	Milk HM Turkey Macaroni WG Roll Cauliflower Sliced Mangos	Milk Meatballs WG Rolls Spinach Fresh Apples	Milk HM Chicken and Cheese Wrap WG Tortilla Spring Mix Salad Mixed Berries
Week Four 7/20, 8/24, 9/28	Milk WG Pizza Green Beans Sliced Cinnamon Apples	Milk WG Bread Fish Sticks HM Macaroni & Cheese Broccoli Fresh Oranges	Milk WG Chicken Sandwich WG Roll Tater Tots Broccoli Diced Pineapple	Milk Cheese Burgers on WG Roll Corn Tropical Fruit	Milk HM Chicken Salad WG Crackers Peas Fresh Apples
Week Five 7/27, 8/31, 10/5	Milk HM Grilled Cheese Tater Tots Baby Carrots Diced Peaches	Milk WG Bread Fish Nuggets Peas Tropical Fruit	Milk WG Pizza Green Beans Sliced Pears	Milk HM Chicken Salad WG Crackers Broccoli Sliced Peaches	Milk Cheese Burgers on WG Roll Potato Wedges Mixed Berries

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Snack Menu: July 2020 through October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 6/29, 8/3, 9/7, 10/12	Milk or Water WG Pita Chips Veggie Salsa	Milk HM Sugar Free Pineapple Upside Down Muffin	100% Apple Juice HM Trail Mix	Chocolate Milk HM Banana Bread	Milk or Water Fresh Fruit Salad WG Graham Crackers
Week Two 7/6, 8/10, 9/14, 10/19	Milk or Water WG Crackers Cheese Slices	Milk WG Graham Crackers Fresh Oranges	Chocolate Milk HM Fruit Mega Muffins	Milk HM Sugar Free Pineapple Upside Down Muffin	100% Apple Juice WG Soft Pretzels
Week Three 7/13, 8/17, 9/21, 10/26	Milk or Water Fresh Veggies HM Ranch Dip	Milk or Water HM Sugar Free Pineapple Upside Down Muffin	100% Apple Juice HM Trail Mix	Milk or Water Cheese Slices WG Crackers	Milk WG Teddy Grahams Fresh Apple Slices
Week Four 7/20, 8/24, 9/28	100% Apple Juice WG Soft Pretzel	Milk or Water Fruit Yogurt WG Chex Mix	Milk or Water WG Pita Chips Veggie Salsa	Milk HM Banana Bread	Milk or Water WG Crackers Cheese Slices
Week Five 7/27, 8/31, 10/5	Milk WG Teddy Grahams Fresh Apple Slices	Milk HM Fruit Mega Muffins	Milk or Water Fresh Fruit Salad WG Graham Crackers	Chocolate Milk CN Apple Filled Pancakes	Milk or Water Fruit Yogurt WG Teddy Grahams

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