



Breakfast Menu: May 2023 through October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 5/1, 6/5, 7/10, 8/14, 9/18, 10/23	Milk Biscuit Fresh Oranges	Milk Vanilla Yogurt Fresh Mixed Berries	Milk Overnight Oats Applesauce	Milk Turkey Sausage Fresh Oranges	Milk WG Chex Mix Cereal Banana
Week Two 5/8, 6/12, 7/17, 8/21, 9/25, 10/30	Milk Vanilla Yogurt Blueberries	Milk WG Bagel w/ Cream Cheese Peaches	Milk Scrambled Eggs Turkey Sausage Fresh Apples	Milk WG French Toast Strawberries	Milk WG Chex Mix Cereal Banana
Week Three 5/15, 6/19, 7/24, 8/28, 10/2	Milk Turkey Sausage Fresh Apples	Milk WG Waffle Mixed Fruit	Milk WG Bagel w/ Cream Cheese Strawberries	Milk Vanilla Yogurt Peaches	Milk Cinnamon Buns Banana
Week Four 5/22, 6/26, 7/31, 9/4, 10/9	Milk Scrambled Eggs Turkey Sausage Fresh Mixed Berries	Milk WG French Toast Pineapple	Milk WG Cheerios Cereal Fresh Oranges	Milk WG Pancakes Tropical Fruit	Milk Turkey Sausage Banana
Week Five 5/29, 7/3, 8/7, 9/11, 10/16	Milk Vanilla Yogurt HM Granola	Milk WG Life Cereal Fresh Apples	Milk Turkey Sausage Strawberries	Milk WG English Muffin w/ Cream Cheese Fresh Mixed Berries	Milk WG Pancakes Cinnamon Apples

* 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.

** WG = Whole Grain; WW = Whole Wheat; CN = Child Nutrition Label (indicating the manufacturer certifies the nutritional validity for children); HM = Homemade LF= Lowfat

*** Tossed Salad includes iceberg and romaine lettuce, carrots, and purple cabbage.

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



Lunch Menu: May 2023 through October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 5/1, 6/5, 7/10, 8/14, 9/18, 10/23	Milk Turkey Cheese Burger WG Bun Fries Peaches	Milk Pepperoni Pizza Pasta Fresh Salad Corn Fresh Apples	Milk BBQ Pulled Chicken Wrap Green Beans Peaches	Milk Turkey and Cheese Sandwich WG Bread Fresh Carrots Pears	Milk CN Corn Dog Fresh Green Beans Fresh Oranges
Week Two 5/8, 6/12, 7/17, 8/21, 9/25, 10/30	Milk CN Fish Stick HM Mac Salad Broccoli Fresh Pears	Milk Grilled Chicken Sandwich Spring Mix Salad Fresh Apples	Milk Ground Beef Nachos w/ Black Beans & Corn WG Tortilla Chips Mandarin Oranges	Milk Tuna Fish Sandwiches Kaiser Roll Mixed Vegetables Fresh Mixed Fruit	Milk HM Chicken Cheese Steak WG Roll Fries Fresh Oranges
Week Three 5/15, 6/19, 7/24, 8/28, 10/2	Milk HM Chicken Caesar Salad Wrap WW Crackers Fresh Carrots Fresh Pears	Milk Ground Beef Tacos w/ Lettuce, Tomato and Cheese WG Tortillas Peaches	Milk Turkey Cheese Burger WG Bun Green Beans Fresh Oranges	Milk CN Fish Stick Chips (Fries) Broccoli Fresh Apples	Milk CN Chicken Nuggets Mac and Cheese Broccoli Fresh Mixed Fruit
Week Four 5/22, 6/26, 7/31, 9/4, 10/9	Milk Ground Beef Nachos w/ Black Beans and Corn WG Tortilla Chips Fresh Apples	Milk Turkey and Cheese Sandwich WG Tortilla Steamed Carrots Fresh Mixed Fruit	Milk CN Fish Stick WG Roll Broccoli Peaches	Milk Corn Dogs Carrots Pineapple	Milk HM BBQ Chicken Sliders WG Roll Corn Fresh Pears
Week Five 5/29, 7/3, 8/7, 9/11, 10/16	Milk HM Sloppy Joe WG Roll Peas Fresh Apples	Milk Turkey and Cheese Sandwich WW Bread HM Fresh Salad Fresh Pears	Milk Spaghetti w/ Beef Meat Sauce Steamed Carrots Fruit Cocktail	Milk HM Spanish Rice and Baked Chicken Broccoli Peaches	Milk HM Cheese Steak WG Roll Sweet Potato Fries Fresh Oranges

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Snack Menu: May 2023 through October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 5/1, 6/5, 7/10, 8/14, 9/18, 10/23	Water WG Graham Crackers Fresh Apple Slices	Milk WG Cheez-It Crackers Pineapple	Water Vanilla Yogurt Fruit and Granola	100% Apple Juice WG Graham Crackers	Milk Pretzels Peaches
Week Two 5/8, 6/12, 7/17, 8/21, 9/25, 10/30	Water WG Suns Chips Strawberries	Water Vanilla Yogurt Fruit and Granola	100% Grape Juice WG Animal Crackers	Milk WG Graham Crackers Fresh Apple Slices	Milk WG Cheez-It Crackers Pineapple
Week Three 5/15, 6/19, 7/24, 8/28, 10/2	Milk WG Animal Crackers Pineapple	Water Vanilla Yogurt Fruit and Granola	Milk Pretzels Peaches	Milk WG Tortilla Chips HM Pico de Gallo	Water WW Crackers Cubed Cheese
Week Four 5/22, 6/26, 7/31, 9/4, 10/9	Milk Applesauce Vanilla Wafers	Milk or Water WW Crackers String Cheese	Milk Teddy Grahams Pineapple	100% Orange Juice WG English Muffin w/ Cream Cheese	Water Vanilla Yogurt Fruit and Granola
Week Five 5/29, 7/3, 8/7, 9/11, 10/16	Water WG Graham Crackers Strawberries Whipped Cream	Water WG Suns Chips Peaches	Milk WG Tortilla Chips HM Pico de Gallo	Water Vanilla Yogurt Fruit and Granola	Water WW Crackers Cubed Cheese

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