







Sample Menu Week 1

Breakfast	AM Snack	Lunch	PM Snack
Monday: <ul style="list-style-type: none"> Waffles Fresh Cut Apples Milk 	<ul style="list-style-type: none"> Graham Crackers Cran-Apple Juice 	<ul style="list-style-type: none"> Sweet Potato & Black Bean Quesadillas Green Beans Mixed Fruit Milk 	<ul style="list-style-type: none"> Pretzels & Cheese Grape Juice
Tuesday: <ul style="list-style-type: none"> Cheerios Peaches Milk 	<ul style="list-style-type: none"> Cheese and Crackers Apple Juice 	<ul style="list-style-type: none"> Spaghetti Broccoli Cinnamon Apple Sauce Milk 	<ul style="list-style-type: none"> Cinnamon Cereal Cran-Apple Juice
Wednesday: <ul style="list-style-type: none"> French Toast Sticks Apple Sauce Milk 	<ul style="list-style-type: none"> Pretzels Grape Juice 	<ul style="list-style-type: none"> Hot Ham and Cheese Wheat Sandwich Tomato Soup Mandarin Oranges Milk 	<ul style="list-style-type: none"> Yogurt Orange Slices
Thursday: <ul style="list-style-type: none"> Raisin Toast Mixed Fruit Milk 	<ul style="list-style-type: none"> Nut Free Trail Mix Apple Juice 	<ul style="list-style-type: none"> Red Beans and Rice Zesty Corn Crushed Pineapple Milk 	<ul style="list-style-type: none"> Cheddar Cheese Apples
Friday: <ul style="list-style-type: none"> Raisin Bran Banana Milk 	<ul style="list-style-type: none"> Gold Fish Cran-Apple Juice 	<ul style="list-style-type: none"> Chicken and Brown Rice Peas and Carrots Fresh Fruit Milk 	<ul style="list-style-type: none"> Graham Crackers Apple Sauce

**We are a nut free facility. A Vegetarian Option can be given at the request of the family. It is up to the family to make the school aware of any allergies or diet restrictions. The menu is subject to change due to class cooking projects and availability of fresh items.*