

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack:</b> Whole Grain Cereal, Fresh Fruit, Milk</p> <p><b>Lunch:</b> Hawaiian Chicken with Coconut Brown Rice (*bell peppers, *broccoli, brown rice, chicken, onions, *zucchini), Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Apple Cinnamon Raisin Round, Fresh Fruit</p>	<p><b>AM Snack:</b> Whole Grain Blueberry Scones, Apple &amp; Papaya 100% Fruit Puree</p> <p><b>Lunch:</b> Extra Lean Ground Beef Meatballs with Pasta and Tomato Sauce, *Green and Yellow Beans, Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Zucchini, Carrot &amp; Feta Swirls, Steamed Vegetables</p>	<p><b>AM Snack:</b> Vegan Brioche Bread, Raspberry Spread</p> <p><b>Lunch:</b> Yummy Corn Chowder (cauliflower, *carrots, celery, corn, *leeks, potatoes, white beans) Whole Wheat Naan Bread, Garlic Dairy Free Spread, Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Sundried Tomato Basil Crackers, Fresh Fruit</p>	<p><b>AM Snack:</b> Yogurt, Fresh Fruit</p> <p><b>Lunch:</b> Cheesy Chicken and Vegetable Barley Risotto (barley, *broccoli, cauliflower, chicken breast) Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Carrot Spice Loaf, Apple &amp; Pear 100% Fruit Puree</p>	<p><b>AM Snack:</b> Marble Cheese Slice, Cracked Wheat Crackers</p> <p><b>Lunch:</b> Veggie Bean Bolognese with Pasta, *Green Peas and Carrots, Fresh Fruit</p> <p><b>PM Snack:</b> Dragon Fruit &amp; Strawberry Anytime Morning Oats, Fresh Fruit</p>
WEEK 2	<p><b>AM Snack:</b> Whole Grain Cereal, Fresh Fruit, Milk</p> <p><b>Lunch:</b> Fiesta Chicken &amp; Veggie Casserole (*bell peppers, cabbage, *carrots, chicken, chow mein noodles, onions), Fresh Fruit</p> <p><b>PM Snack:</b> Yummy Garlic Hummus, Whole Grain Crackers</p>	<p><b>AM Snack:</b> Waffles, Raspberry &amp; Apple 100% Fruit Puree</p> <p><b>Lunch:</b> Baked Extra Lean Ground Beef with Mashed Potatoes &amp; Gravy, Whole Wheat Homestyle Bun, , Mixed Vegetables (*carrots, *green &amp; yellow beans), Fresh Fruit</p> <p><b>PM Snack:</b> Yogurt, Multigrain Trail Mix</p>	<p><b>AM Snack:</b> Whole Grain Bagel, Cheese Bite, Fresh Fruit</p> <p><b>Lunch:</b> Harvest Sun Cheese &amp; Spinach Stuffed Medallions with Creamy Garlic Bean Sauce, *Broccoli and Cauliflower, Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Spice Snaps, Fresh Fruit</p>	<p><b>AM Snack:</b> Coconut Oatmeal Bar</p> <p><b>Lunch:</b> Chickpea Vegetable Soup (*carrots, celery, chickpeas, *green peas, onions, potatoes), 9 Grain Bread, Roasted Red Pepper Dairy Free Spread, Fresh Fruit</p> <p><b>PM Snack:</b> Vegan Whole Grain Lemon Cookie, Blueberry &amp; Apple 100% Fruit Puree</p>	<p><b>AM Snack:</b> Yogurt, Fresh Fruit</p> <p><b>Lunch:</b> Baked Chicken with Brown Rice and Tomato Sauce, *Green Peas and Corn, Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Pull-Apart Garlic Bun, Steamed Carrots</p>
WEEK 3	<p><b>AM Snack:</b> Whole Grain Cereal, Fresh Fruit, Milk</p> <p><b>Lunch:</b> Veggie Lazy Lasagna (celery, *green/red peppers, mafaida pasta, onions *spinach, soy protein, tomatoes), *Green and Yellow Beans, Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Blueberry Round, Fresh Fruit</p>	<p><b>AM Snack:</b> Whole Grain Orange Cranberry Scones, Peach and Apple 100% Fruit Puree</p> <p><b>Lunch:</b> Creamy Broccoli Lentil Soup (*broccoli, celery, lentils, onions, potatoes), Light Rye Bread, Dairy Free Spread, Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Pizza Swirls, Steam Vegetables</p>	<p><b>AM Snack:</b> Vegan Brioche Bread, Strawberry Spread</p> <p><b>Lunch:</b> Baked Chicken Teriyaki with Garden Vegetable Rice (brown rice, chicken, *green/red peppers, *kale, onions, *squash), Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Cracker Bites, Fresh Fruit</p>	<p><b>AM Snack:</b> Yogurt, Fresh Fruit</p> <p><b>Lunch:</b> Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach), *Diced Carrots, Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Strawberry Banana Loaf, Dragon Fruit &amp; Apple 100% Fruit Puree</p>	<p><b>AM Snack:</b> Marble Cheese Slice, Autumn Harvest Crackers</p> <p><b>Lunch:</b> Italian Chickpea Soup (*carrots, celery, chickpeas, onions, orzo pasta, *peas, tomatoes), Whole Wheat Baguette, Garlic Dairy Free Spread, Fresh Fruit</p> <p><b>PM Snack:</b> Raspberry Crumble Anytime Morning Oats, Fresh Fruit</p>
WEEK 4	<p><b>AM Snack:</b> Whole Grain Cereal, Fresh Fruit, Milk</p> <p><b>Lunch:</b> Butter Chicken and Vegetables with Couscous (cauliflower, chicken, couscous, *mixed bell peppers, onions, *peas, *squash), Fresh Fruit</p> <p><b>PM Snack:</b> Tangy Twist Hummus, Whole Grain Crackers</p>	<p><b>AM Snack:</b> Waffles, Blueberry &amp; Apple 100% Fruit Puree</p> <p><b>Lunch:</b> Beef &amp; Veggie Chili with Brown Rice (black beans, brown rice *carrots, celery, corn, extra lean ground beef, *green/red bell peppers, onions, pinto beans), Fresh Fruit</p> <p><b>PM Snack:</b> Yogurt, Multigrain Trail Mix</p>	<p><b>AM Snack:</b> Whole Wheat Bagel Cheese Bite, Fresh Fruit</p> <p><b>Lunch:</b> Tri Colour Cheese Tortellini with Rose Bean Sauce, *Green and Yellow Beans, Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Roasted Garlic Triscuits, Fresh Fruit</p>	<p><b>AM Snack:</b> Blueberry Oatmeal Bar</p> <p><b>Lunch:</b> Chicken Noodle Soup (celery *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes), Whole Wheat Homestyle Bread, Dill Dairy Free Spread, Fresh Fruit</p> <p><b>PM Snack:</b> Vegan Oatmeal Date Cookie, Unsweetened Applesauce</p>	<p><b>AM Snack:</b> Yogurt, Fresh Fruit</p> <p><b>Lunch:</b> Creamy Tangy Chicken Pasta (*broccoli, cauliflower, chicken, onions, *orange/yellow carrots, penne pasta, *romano green beans), Fresh Fruit</p> <p><b>PM Snack:</b> Whole Grain Pull-Apart Garlic Bun, Steamed Carrots</p>

\*Indicates dark green and/or dark orange vegetable offered daily.

Water is available at all times.

Fresh fruit may vary depending on the season, please refer to daily substitution summary for fresh fruit/changes.

Menu approved by a registered Dietician.

