

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole Grain Cereal, Fresh Fruit, Milk</p> <p>Lunch: Hawaiian Chicken with Coconut Brown Rice (*bell peppers, *broccoli, brown rice, chicken, onions, *zucchini), Fresh Fruit</p> <p>PM Snack: Whole Grain Apple Cinnamon Raisin Round, Fresh Fruit</p>	<p>AM Snack: Whole Grain Blueberry Scones, Apple & Papaya 100% Fruit Puree</p> <p>Lunch: Extra Lean Ground Beef Meatballs with Tomato Sauce, Vegetable Fusilli Pasta, *Green and Yellow Beans, Fresh Fruit</p> <p>PM Snack: Whole Grain Zucchini, Carrot & Feta Swirls, Steamed Vegetables</p>	<p>AM Snack: Vegan Brioche Bread, Raspberry Spread</p> <p>Lunch: Yummy Corn Chowder (cauliflower, *carrots, celery, corn, *leeks, potatoes, white beans) Whole Wheat Naan Bread, Garlic Dairy Free Spread, Fresh Fruit</p> <p>PM Snack: Whole Grain Sundried Tomato Basil Crackers, Fresh Fruit</p>	<p>AM Snack: Yogurt, Fresh Fruit</p> <p>Lunch: Baked Fish Wedge, Cheesy Vegetable Barley Risotto (barley, *broccoli, cauliflower) Fresh Fruit</p> <p>PM Snack: Whole Grain Carrot Spice Loaf, Apple & Pear 100% Fruit Puree</p>	<p>AM Snack: Dill-ish Egg Salad, Cracked Wheat Crackers</p> <p>Lunch: Veggie Bean Taco, Whole Wheat Tortilla, *Green Peas and Carrots, Fresh Fruit</p> <p>PM Snack: Dragon Fruit & Strawberry Anytime Morning Oats, Fresh Fruit</p>
WEEK 2	<p>AM Snack: Whole Grain Cereal, Fresh Fruit, Milk</p> <p>Lunch: Fiesta Fiesta Egg & Veggie Casserole (*bell peppers, cabbage, *carrots, chow mein noodles, egg, onions), Fresh Fruit</p> <p>PM Snack: Zesty Southwest Salsa, Multigrain Pita Crisps</p>	<p>AM Snack: Waffles, Peachy Tropical 100% Fruit Puree</p> <p>Lunch: Baked Extra Lean Beef Burger,, Whole Wheat Homestyle Bun, Mixed Vegetables (*carrots, *green & yellow beans), Fresh Fruit</p> <p>PM Snack: Yogurt, Multigrain Trail Mix</p>	<p>AM Snack: Whole Grain Bagel Cheese Bite, Fresh Fruit</p> <p>Lunch: Harvest Sun Cheese & Spinach Stuffed Medallions with Creamy Garlic Bean Sauce, *Broccoli and Cauliflower, Fresh Fruit</p> <p>PM Snack: Whole Grain Spice Snaps, Fresh Fruit</p>	<p>AM Snack: Coconut Oatmeal Bar</p> <p>Lunch: Chickpea Vegetable Soup (*carrots, celery, chickpeas, *green peas, onions, potatoes), 9 Grain Bread, Roasted Red Pepper Dairy Free Spread, Fresh Fruit</p> <p>PM Snack: Vegan Whole Grain Lemon Cookie, Blueberry & Apple 100% Fruit Puree</p>	<p>AM Snack: Yogurt, Fresh Fruit</p> <p>Lunch: Chicken Kafta with Tomato Sauce, Seasoned Brown Rice, *Green Peas and Corn, Fresh Fruit</p> <p>PM Snack: Whole Grain Pull-Apart Garlic Bun, Steamed Carrots</p>
WEEK 3	<p>AM Snack: Whole Grain Cereal, Fresh Fruit, Milk</p> <p>Lunch: Veggie Lazy Lasagna (celery, *green/red peppers, mafaida pasta, onions *spinach, soy protein, tomatoes), *Green and Yellow Beans, Fresh Fruit</p> <p>PM Snack: Whole Grain Blueberry Round, Fresh Fruit</p>	<p>AM Snack: Whole Grain Orange Cranberry Scones, Peach and Apple 100% Fruit Puree</p> <p>Lunch: Creamy Broccoli Lentil Soup (*broccoli, celery, lentils, onions, potatoes), Light Rye Bread, Dairy Free Spread, Fresh Fruit</p> <p>PM Snack: Whole Grain Pizza Swirls, Steam Vegetables</p>	<p>AM Snack: Vegan Brioche Bread, Strawberry Spread</p> <p>Lunch: Baked Fish Cakes, Garden Vegetable Rice (brown rice, chicken, *green/red peppers, *kale, onions, *squash), Fresh Fruit</p> <p>PM Snack: Whole Grain Cracker Bites, Fresh Fruit</p>	<p>AM Snack: Yogurt, Fresh Fruit</p> <p>Lunch: Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach), *Diced Carrots, Fresh Fruit</p> <p>PM Snack: Whole Grain Strawberry Banana Loaf, Dragon Fruit & Apple 100% Fruit Puree</p>	<p>AM Snack: Hard Boiled Egg, Autumn Harvest Crackers</p> <p>Lunch: Italian Meatball Soup (*carrots, celery, mini meatballs, onions, orzo pasta, *peas, tomatoes), Whole Wheat Baguette, Garlic Dairy Free Spread, Fresh Fruit</p> <p>PM Snack: Raspberry Crumble Anytime Morning Oats, Fresh Fruit</p>
WEEK 4	<p>AM Snack: Whole Grain Cereal, Fresh Fruit, Milk</p> <p>Lunch: Butter Chicken and Vegetables with Couscous (cauliflower, chicken, couscous, *mixed bell peppers, onions, *peas, *squash), Fresh Fruit</p> <p>PM Snack: Tuscan Garden Salsa, Multigrain Pita Crisps</p>	<p>AM Snack: Waffles, Chunky Tropical 100% Fruit Puree</p> <p>Lunch: Beef & 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>PM Snack: Yogurt, Multigrain Trail Mix</p>	<p>AM Snack: Whole Wheat Bagel Cheese Bite, Fresh Fruit</p> <p>Lunch: Tri Colour Cheese Tortellini with Rose Bean Sauce, *Green and Yellow Beans, Fresh Fruit</p> <p>PM Snack: Whole Grain Roasted Garlic Triscuits, Fresh Fruit</p>	<p>AM Snack: Blueberry Oatmeal Bar</p> <p>Lunch: 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>PM Snack: Vegan Oatmeal Date Cookie, Unsweetened Applesauce</p>	<p>AM Snack: Yogurt, Fresh Fruit</p> <p>Lunch: Creamy Tangy Tuna Pasta (*broccoli, cauliflower, onions, *orange/yellow carrots, penne pasta, *romano green beans, tuna), Fresh Fruit</p> <p>PM Snack: 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.