

# 2021 WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Melon Milk	WG Waffles & syrup Clementines Milk	Cinnamon Oatmeal Honeydew Melon Milk	WW Bagel with Butter Blueberries Milk	Mini Pita with Guacamole Clementines Milk
Lunch	Chick Pea Chowder with Carrot, onion & celery Broccoli Brown Rice Milk Apples	Turkey Chilli with Kidney Beans, Corn, Mushroom WW Tortilla Green Peppers Milk Pears	Chicken Noodle Soup Carrots, celery, onion Green Peas WW pasta WW crackers Bananas Milk	Jamaican Stew Beef With Parsnips & Carrots Brown Rice Broccoli WW bread Milk Oranges	Tuna Casserole with Carrots & Peas Egg Noodles Tomato & Cucumber Salad Cantalope Milk
Lunch Alternatives	Soy protein ground Tomato Sauce Soy Milk	Soy Veggie Burgers Golf & Sweet Potato Salad Soy Milk	WW Macaroni with Lentil Tomato Sauce Soy Milk	Soy protein ground Brown Rice and mixed Veggies Soy Milk	Soy Protein Ground & Brown Rice Soy Milk
PM Snack	Sliced Turkey Breast Cheddar Cheese Low sodium Triscuits Oranges	WOW butter sandwich on WW bread Cucumber slices	Cheddar Cheese WG Crackers and Pears Slices	Plain Yogurt & Fruit blend (unsweetened canned peaches) Bananas and WW bread sticks	Homemade WW Carrot Loaf Apples Cheese
PM Late Snack	Fish Crackers	Melon	Cucumber slices	Watermelon	Peppers

We offer 2 to 2 ½ servings of (100-120grms) fruits and vegetables daily for each child and 1-2 (8 oz) servings of Milk 2% for Preschool children 3.5% for Infant & Toddlers  
Water is available to all children at all meals and snacks. When possible we use low fat yogurt, low fat cheddar cheese.

Mixed veggies include – broccoli, cauliflower and carrot or corn, green beans peas and

WW = Whole Wheat    WG = Whole Grain    MG = Multigrain

## 2021 WEEK TWO MENU

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM Snack</b>	WG Chex Cereal Banana Slices Milk	WW Baked English Muffin Cinnamon Butter Cantaloupe Milk	Oatmeal Blueberry Milk	MG Toast with Butter Pears Milk	WG Waffles Honeydew Melon Milk
<b>Lunch</b>	Red Lentils with Onions, celery & carrots WW Crackers Green Beans Honeydew Melon Milk	WW Spaghetti With Turkey Meatsauce Spinach, Carrots Apples Milk	Baked Basa Fish With veggies Peppers, onions, celery, tomato Quinoa Green Peas Oranges Milk	Beef Veggie Soup with Pearl Barley & zucchini WW Bread Baked Squash Green Pears Milk	Chicken Alfredo on WW pasta Red peppers & Mushroom WW Bread Green Beans Watermelon Milk
<b>Lunch Alternatives</b>	Soy Based Veggie Dog Soup Soy Milk	WW Pasta with Ground Veggies and Tomato Sauce Soy Milk	Soy burger And Rice Soy Milk	Soy Protein Veggie Ground Soup with Barley Soy Milk	Tofu in Tomato Sauce & Orzo pasta Soy Milk
<b>PM Snack</b>	WW Mini Pitas Tuna Salad Clementines	Cheddar Cheese Cubes WW Crackers Strawberries	Cottage Cheese Arrowroot Crackers Cantaloupe	WW Tortilla with Hummus Applesauce	WW Homemade Carrot Loaf Cheddar Cheese Bananas
<b>Late Snack</b>	Cucumbers	Orange Slices	Bananas	Gold Fish Crackers	Apple Slices

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## 2021 WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	WG Cheerios and Cantaloupe Milk	WW Grilled Toast Cheese Bananas Milk	Croissants Oranges Milk	Blueberries WW Bagel Milk	Banana Slices WW Toasted English muffin with butter Milk
<b>Lunch</b>	Veggie Minestrone Soup (with Beans & Zucchini) Turkey & cheese baked sandwiches Broccoli Milk Apples	Beef & Black Bean Taco with Spinach (Tomatoes, Sour Cream & Cheddar Cheese) Whole Wheat Wraps Couscous for Infants Green Peppers Milk Oranges	Whole Wheat Macaroni and cheese with chicken breast Boiled Broccoli Milk Pears	(Moqueca) Brazilian Fish Stew (Veggies- Onion, Peppers and tomato) Brown Rice Green Pepper Whole Wheat Bread Milk Cantaloupe	Lasagne with ground Turkey, Spinach & Veggies, Mozzarella & Ricotta Cheese carrots sticks Milk Watermelon
<b>Lunch Alternative</b>	Tofu Soup with Brown Rice Soy Milk	Soy based ground Veggie Tacos Soy Milk	Whole Wheat Pasta Veggie Nugget Soy Milk	Soy based Veggie burger Soy Milk	WW Pasta with Cheese and tomato Sauce Soy Milk
<b>PM Snack</b>	Mini Pitas with Roast Chicken Slices Cheddar Cheese	Greek Yogurt Home made Granola Mixed Berries	WW Pita Cottage cheese Raspberries	WW English Muffins Mini Pizza with Cheese & Tomato Sauce	WW Homemade Zucchini Bread Cheddar Cheese Cucumber Slices
<b>PM Late Snack</b>	Pears	Fish Crackers	Oranges	Bananas	Trail mix Whole wheat cheerios Raisins Cranberries Shreddies cereal

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## 2021 WEEK FOUR MENU

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM Snack</b>	Cantaloupe WG Chex Cereal Milk	Melon Cubes WW English Muffin Grilled Cheese Milk	Plain yogurt with Peaches Arrowroot Crackers Milk	Grilled WW Toast with Cheese Oranges Milk	WG Waffles with Blueberries Milk
<b>Lunch</b>	Brown Lentils with Tomato, Celery and Carrots Whole Wheat Crackers carrots Mixed Peppers Oranges Milk	Turkey Meat sauce with Whole Wheat Pasta Peas & Carrots Pears Milk	Lemon Chicken and Gold & Sweet Potato Salad WW Dinner Rolls Romaine Lettuce, Tomato salad Cantaloupe Milk	Lean Beef Meatloaf with Shredded Zucchini and mushroom Polenta WG Bread Broccoli Milk Honeydew Melon	Cheese/Potato Perogies/ sour cream & three bean salad WG bread Green Peppers Milk Apples
<b>Lunch Alternatives</b>	Veggie Soup Soy Milk	Whole Wheat Pasta with Veggie Ground Tomato Sauce Soy Milk	Soy based Veggie Burger Gold & Sweet Potato Salad Soy Milk	Soy Based Veggie Burgers Soy Milk	Perogies and sour cream three bean salad Soy Milk
<b>PM Snack</b>	WW Mini Pitas Turkey slices Apple	Hummus Dip Tomatoes, Orange peppers WG Crackers	Cheddar Cheese Cubes WW Crackers Clementines	Tuna Salad Rice Cakes Bananas	WW Homemade Orange Loaf Cheese slices Pears
<b>PM Late Snack</b>	Apples	Gold Fish Crackers	Watermelon	Cucumber Slices	Bananas

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