| SUN                         | MON  | TUE   | WED   | THU  | FRI  | SAT |
|-----------------------------|--|---|---|--|--|-----|
| 29                          | 30   | 31  | Cereal, Fresh Fruit Tomato Soup, Cheese Toasty, Veggies and Dip, Fresh Fruit, Milk Crackers and fresh fruit   | Waffles, Apple Sauce<br>Beanies and<br>Weenies, Garden<br>Salad, Fresh Fruit, Milk<br>Nan Bread and Hummus   | 3 Yogurt & Granola Ravioli Lasagna, Ground Sausage, Roasted Vegetables, Fresh Fruit Milk Cheese Cubes, Crackers  | 4   |
| 5                           | 6  | 7   | 8   | 9  | 10   | 11  |
| Around the World:<br>Mexico | Cereal, Fresh Fruit, Milk<br>Meatball Sliders,<br>Tomato Sauce,<br>Mozzarella, Roasted<br>Vegetables, Fresh<br>Fruit, Milk Cheese<br>Cubes, Crackers         | Pancakes, Apple Sauce<br>Marinated Chicken,<br>w/Pineapple Fried<br>Rice, Ginger<br>Salad, Fresh Fruit, Milk<br>Flan and Fresh Fruit                        | Blueberry Muffins, Yogurt Cream of Broccoli Soup, Cheese Crouton, Veggies and Dip, Fresh Fruit Milk Cooking Activity: Cheese Quesadilla   | Bagel w/Cream Cheese, Berries Ham and Cheese Pinwheels, Garden Salad Fresh Fruit , Milk Fresh Guacamole and tortilla chips                                     | Overnight Oatmeal,<br>blended blueberries<br>Cavatappi Pasta,<br>Sausage Bolognese,<br>Roasted Vegetables,<br>Fresh Fruit , Milk<br>Fresh Fruit and Yogurt |     |
| 12                          | 13   | 14  | 15  | 16   | 17   | 18  |
| Around the World:<br>Spain  | English Muffin w/Jelly,<br>Fresh Fruit<br>Beef Burger Sliders,<br>Lettuce/ Tomato,<br>Roasted Vegetables,<br>Fresh Fruit, Milk Graham<br>Crackers with Cream | Bagel w/Cream Cheese,<br>Fresh Fruit<br>Teriyaki Chicken,<br>Sauteed Vegetables,<br>White Rice, Ginger Salad,<br>Fresh Fruit. , Milk<br>Churro with Yogurt, | Cereal, Fresh Fruit, Milk<br>Tomato Soup,<br>Cheese Toasty,<br>Veggies and Dip,<br>Fresh Fruit, Milk Crackers<br>and fresh fruit  | Waffles, Apple Sauce<br>Beanies and<br>Weenies, Garden<br>Salad, Fresh Fruit, Milk<br>Cooking Activity:<br>Antipasto Kabobs with<br>Olives, Salami, Prosciutto | Yogurt & Granola<br>Ravioli Lasagna,<br>Ground Sausage,<br>Roasted<br>Vegetables, Fresh<br>Fruit Milk Cheese<br>Cubes, Crackers                            |     |
| 19                          | 20   | 21  | 22  | 23   | 24   | 25  |
| Around the World:<br>Greece | Cereal, Fresh Fruit, Milk<br>Meatball Sliders,<br>Tomato Sauce,<br>Mozzarella, Roasted<br>Vegetables, Fresh<br>Fruit, Milk Feta Cheese<br>Cubes, Crackers    | Pancakes, Apple Sauce<br>Marinated<br>Chicken,<br>w/Pineapple Fried<br>Rice, Ginger<br>Salad, Fresh Fruit, Milk<br>NutriGrain Bar, Milk                     | Blueberry Muffins, Yogurt<br>Cream of Broccoli<br>Soup, Cheese<br>Crouton, Veggies and<br>Dip, Fresh Fruit Milk<br>Cooking Activity: Fresh<br>Tzatziki dip and Pita   | Bagel w/Cream Cheese, Berries Ham and Cheese Pinwheels, Garden Salad Fresh Fruit , Milk Cooking Activity Greek layer Dip with Pita Bread                       | Overnight Oatmeal,<br>blended blueberries<br>Cavatappi Pasta,<br>Sausage Bolognese,<br>Roasted Vegetables,<br>Fresh Fruit , Milk<br>Nan Bread and Hummus   |     |
| 26                          | 27   | 28  | 29  | 30   | 1  |     |
| Around the World:<br>Canada | English Muffin w/Jelly,<br>Fresh Fruit<br>Beef Burger Sliders,<br>Lettuce/ Tomato,<br>Roasted Vegetables,<br>Fresh Fruit, Milk Graham<br>Crackers with Cream | Bagel w/Cream Cheese,<br>Fresh Fruit<br>Teriyaki Chicken,<br>Sauteed Vegetables,<br>White Rice, Ginger Salad,<br>Fresh Fruit., Milk<br>Pierogi and Fruit    | Cereal, Fresh Fruit, Milk<br>Tomato Soup,<br>Cheese Toasty,<br>Veggies and Dip,<br>Fresh Fruit, Milk Poutine<br>and Fruit   | Waffles with Maple Syrup,<br>Apple Sauce<br>Beanies and<br>Weenies, Garden<br>Salad, Fresh Fruit, Milk<br>Nan Bread and Hummus                                 |  |     |
| 3                           | 4  | NOTES:  | *Twos and under will be served applesauce. **Twos and under will be served sliced soft tortillas. Whole Milk is served to children under 24 months. Children 24 months and older will be served 1% Milk. Water is served with snacks unless otherwise stated. |  |  |     |