

SUMMER MENU (June to October)

Start Week #1
June 18, 2018

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apple, cereal & milk	Melon, cinnamon bread & water	Mini pita, wow butter, banana slices & milk	Berries, cereal & milk	Assorted fruit, yogurt tube & water
LUNCH	Tuna & cheese on a toasted bun, cucumbers, apples & milk	Spaghetti squares (pasta, ground beef, spinach, peppers, pasta sauce, cheese), banana & milk	Spanish rice (ground beef, rice tomatoes & peppers), melon & milk	Chicken salad sandwich, veggie quinoa salad, banana & milk	Veggie chili, bun, cheese, apples & milk
P.M. SNACK	Cereal mix, cucumbers & water	Apple sauce, yogurt & water	Carrots, crackers, hummus & water	Peppers, cucumbers, crackers & water	Oatmeal muffin, assorted fruit & water
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Cereal, apples & milk	Yogurt tubes, melon & water	Yogurt, berries & water	Crackers, banana slices, wow butter & milk	Cinnamon bread, apple sauce & milk
LUNCH	Chicken, bun, cucumber, strawberries & milk	Veggie pasta salad, tuna & wow butter sandwiches, apples & milk	Broccoli chicken fettuccine casserole, bananas & milk	Egg salad & cheese sandwiches, strawberry / blueberry / spinach salad & milk	White bean mac & cheese, broccoli, melon & milk
P.M. SNACK	Peppers, goldfish crackers & water	Crackers, cucumbers, ranch dip & water	Oatmeal muffin, carrots & water	Animal crackers, cucumbers & water	Cereal mix, assorted fruit & water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Melon, cinnamon bread & milk	Pineapple, yogurt & water	Muffins, berries & water	Raisin bread, apple slices & milk
LUNCH	Fish, rice salad with carrots, melon & milk	Chicken cheese mini pizza, garden salad with grapes & milk	Veggie black bean quinoa salad, egg salad & cheese sandwiches, bananas & milk	Rigatoni (pasta, ground beef, tomatoes, peppers, pasta sauce, cheese), melon & milk	Wow butter wraps, watermelon, cucumber & feta salad & milk
P.M. SNACK	Cucumbers, crackers, ranch dip & water	Apple sauce, cheese & water	Peppers, crackers, ranch dip & water	Cucumbers, crackers, yogurt tubes & water	Rice cakes, cheddar cheese, grapes & water
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Berries, yogurt & water	Oatmeal muffin, mandarin oranges & water	Wow butter, apples & milk	Assorted fruit, cereal & water
LUNCH	Pineapple, peppers sweet & sour meatballs, rice & milk	Hard boiled eggs, mini pitas, garden salad, strawberries & milk	Veggie tuna casserole, banana & milk	Chicken divan (broccoli, chicken, cheese), rice melon & milk	Black bean greek pasta salad (cucumbers, pasta, feta cheese, tomatoes, black beans), cheese, apples & milk
P.M. SNACK	Animal crackers, cucumbers & water	Crackers, cucumbers, hummus & water	Berries, yogurt, granola & water	Carrot sticks, cinnamon bread & water	Crackers, wow butter, assorted fruit & water
WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Banana, cereal mix & milk	Toast, honey, apple sauce & water	Melon, no bake apple cinnamon bites & water	Assorted fruit, yogurt tubes & water
LUNCH	Chicken veggie fried rice (chicken, rice, peppers, celery), strawberries & milk	Cheese mini pizzas, mango black bean veggie salad, melon & milk	Chicken bruschetta (chicken, tomatoes, bread crumbs, cheese), mini pita bread, apples & milk	Taco bake (ground beef, pasta, peppers, celery, cheese), banana & milk	Chicken or black bean veggie pasta salad, wow butter sandwiches, apples & milk
P.M. SNACK	Crackers, peppers, hummus & water	Pita bread, wow butter, cucumbers & water	Broccoli, carrots, greek yogurt dip & water	Cheese, apple slices & water	Fruit muffin, assorted fruit & water

An additional healthy snack is provided for children who remain in care between 6pm to 7pm

* All pasta & bread products are whole wheat; crackers are whole wheat unless otherwise stated.