

SUMMER MENU (June to October)					Start Week #1 June 17, 2019
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	Oranges, yogurt tube & water
LUNCH	Tuna & cheese on a toasted bun, cucumbers, oranges & milk	Spaghetti squares (pasta, ground beef, spinach, peppers, pasta sauce, cheese), carrots & milk	Spanish rice (ground beef, rice, tomatoes & peppers), melon & milk	Chicken salad sandwich, apple veggie quinoa salad & milk	Veggie chili, rice, cheese & milk
P.M. SNACK	Cereal mix, cucumbers & water	Apple sauce, yogurt & water	Carrots, crackers, hummus & water	Peppers, cucumbers, crackers, ranch dip & 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, granola & water	Naan bread, banana slices, wow butter & milk	Cinnamon bread, apple sauce & water
LUNCH	Chicken, bun, caesar salad, strawberries & milk	Veggie pasta salad, tuna & wow butter sandwiches, apples & milk	Broccoli chicken fettuccine casserole, bananas & milk	Egg salad & cheese sandwiches, fruit salad & milk	Broccoli white bean mac & cheese, melon & milk
P.M. SNACK	Peppers, crackers & water	Crackers, cucumbers & carrots, ranch dip & water	Oatmeal muffin, carrots & water	Animal crackers, apple sauce & water	Cheese, salsa, pita crackers & water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Banana, cereal mix & milk	Pineapple, yogurt & water	Muffins, berries & water	No bake apple cinnamon bites, apple slices & milk
LUNCH	Fish, rice 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, veggie feta salad, watermelon & milk
P.M. SNACK	Cucumbers, crackers, ranch dip & water	Apple sauce, animal crackers & water	Peppers, garlic naan bread, ranch dip & water	Cucumbers, crackers, cheese & water	Assorted fruit, cheddar cheese, & water
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Berries, yogurt & water	Oatmeal muffin, mandarin oranges & water	Cheese, apples & milk	Banana slices, cereal & milk
LUNCH	Pineapple, sweet & sour meatballs, peppers, rice & milk	Cheese quiche, mini pitas, garden salad with strawberries & milk	Veggie tuna casserole, cucumber & milk	Chicken divan (broccoli, chicken, cheese), rice, carrots & milk	Black bean greek pasta salad (cucumbers, pasta, feta cheese, tomatoes, black beans), roll, apples & milk
P.M. SNACK	Animal crackers, cucumbers & water	Crackers, cucumbers, hummus & water	Fruit, yogurt dip & water	Melon, cinnamon bread & water	Crackers, wow butter, assorted fruit & water
WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Melon, cinnamon bread & milk	Toast, apple sauce & milk	Melon, cinnamon triangles & water	Oranges, yogurt tubes & water
LUNCH	Chicken veggie fried rice (chicken, rice, peppers, celery), strawberries & milk	Cheese mini pizzas, pasta black bean veggie salad & milk	Chicken bruschetta (chicken, tomatoes, bread crumbs, cheese), rice, banana & milk	Taco bake (ground beef, pasta, peppers, celery, cheese), cucumber & milk	Veggie & bean soup, crackers, apples & milk
P.M. SNACK	Crackers, peppers, ranch dip & water	Pita bread, wow butter, pineapple & water	Broccoli, carrots, crackers, ranch 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.