

SUMMER MENU (June to October)

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & Milk	Apple sauce, yogurt & water	Yogurt, berries & water	Bananas, cereal & milk	Bagels, wow butter, apples & water
LUNCH	3 sisters soup, roll, oranges & milk	Tuna, bean, veggie pasta salad, naan bread, apples & milk	Sloppy joes (beef & lentils) on a bun, garden salad & milk	Build your own sandwich (chicken, cheese, veggies) fruit salad & milk	Chicken, broccoli, rice, cheese casserole, oranges, bananas & milk
P.M. SNACK	Cheese, apples & water	Melon, crackers & water	Fruit muffins or loaf, pear slices & water	Veggies, dip, crackers & Water	Cheese, assorted fruit & water
WEEK # 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Grapes, melon, cheese & water	Kale Fruit smoothies, arrowroot crackers & water	Cereal, banana slices & milk	Granola, apple sauce & water
LUNCH	Wow butter, tuna cucumber sandwiches, fruit salad & milk	Wedding soup, crackers, apples & milk	Tuna, pea, cheese pasta, bananas & milk	Egg salad & cheese sandwiches, fruit salad & milk	Beef, cheese meatball sliders, feta veggie salad, apples & milk
P.M. SNACK	Oranges, cheese & water	Oatmeal muffins, carrots & water	Carrots, cucumbers, crackers, hummus & water	Veggies, ranch dip, crackers & water	Assorted fruit, cheese & water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Melon, cereal mix & water	Berries, yogurt & water	Fruit muffins, pears, water	Cereal, bananas & milk
LUNCH	Tuna, cucumber sandwiches, fruit salad & milk	Tomato bean macaroni soup, roll, apples & milk	Veggie bean pasta salad, egg salad sandwiches bananas & milk	Beef, veggie & cheese rigatoni, caesar salad, & milk	Mini chicken & cheese pizza, cucumbers apples & milk
P.M. SNACK	Wow butter on crackers, apple slices & water	Bananas & frozen fruit yogurt bites, water	Melon, arrowroot crackers & water	Naan bread, cheese, salsa, & water	Assorted fruit, cheese & water
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Kale fruit smoothies, arrowroot crackers & water	Oatmeal muffins, melon & water	Berries, yogurt, granola & water	Blueberry pancakes & milk
LUNCH	Pineapple sweet & sour meatballs, rice, cucumbers & milk	Build your own sandwich chicken, cheese, veggies, hummus apples & milk	Bean, cheese, veggie, rigatoni, caesar salad bananas & milk	Chicken cheese broccoli divan, rice, bananas & milk	Toasted tuna & cheese on a bun, garden salad, apples & milk
P.M. SNACK	Apples or apple sauce, crackers & water	Bagels, topped with cream cheese & berries & water	Cheese, crackers cucumber & water	Carrots, cucumber, hummus, water	Assorted fruit, arrowroot crackers & water
WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Yogurt, apple Sauce, water	Cereal mix, bananas & water	Oatmeal bites bananas & water	Apple sauce, arrowroot crackers & water
LUNCH	Chicken fried rice (chicken, rice, peas, peppers, celery) oranges & milk	Ham, cheese, pea pasta casserole, apples & milk	Cucumber cream cheese & tuna sandwiches, melon & milk	Beef, bean cheese, lettuce, wraps, apples, milk	Wow butter & jam, cheese sandwiches, cucumbers, peppers & milk
P.M. SNACK	Crackers, cucumber, peppers, ranch dip & water	Melon, raisin bread & water	Apples, pears, cheese & water	Bananas & frozen fruit yogourt bites, water	Assorted fruit cheese crackers & water