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| **SUMMER MENU (June to October)** |
| WEEK #1 | **MONDAY** | **TUESDAY** | Wednesday | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal& milk | Granola, apple sauce & water | Yogurt, berries& water | Greek yogurt fruit smoothie, bananas,  | Cereal mix, apple slices & water |
| **LUNCH** | Tuna, cheese, cucumber, cream cheese and cucumbers sandwiches, fruit salad & milk |  Beef meatballs, veggie rice, apples & milk | Egg salad & cheese sandwiches, garden salad & milk | Pasta bake with beans, tomatoes, zucchini and cheese,fruit salad & milk | Chicken, cheese, caesar salad, garlic naan bread,melon,grapes& milk |
| **P.M. SNACK** | Arrowroot crackers, bananas& water | Cheese crackers,cucumbers &water | Fruit muffins, apple & 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 | Greek yogurt fruit smoothies &bananas | Cereal, bananaslices & milk | Granola,apple sauce& water |
| **LUNCH** | Wow butter & jam, cheese & cucumber sandwichesbananas, oranges & milk | Chicken, tomatocheese, spaghetti bake, casear salad & milk |   Egg salad & cheese sandwiches,cucumbers, fruit salad & milk | Tuna pea cheese pasta, breadsticks,, apples & milk | Beef marinara meatball subs with cheese, veggies & dip & milk  |
| **P.M. SNACK** | Arrowroot crackers, apples, pears & water | Oatmeal muffins, carrots& water | Fruit muffin, melon& water | Veggies, ranch dip, crackers & water | Assorted fruit,cheese & water |
| **WEEK #3** | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal& milk | Wraps, wow butter, bananas & water  | Berries, yogurt & water | Apple sauce, arrowroot crackers& water | Cereal mix, bananas & water |
| **LUNCH** | Tuna cheese cucumber & cheesesandwiches,fruit salad & milk | Tomato bean macaroni soup, crackers pears, apples & milk | Veggie pasta salad, cheese& egg saladsandwichespears, peaches & milk | Beef, beans, peppers, celery,onion & cheese rigatoni, caesar salad,& milk | Chicken cheese wraps and cheese sandwiches, veggies & dip,apples & milk |
| **P.M. SNACK** | Wow butter on crackers,apple slices &water | Naan bread, cheese, cucumbers, peppers & water  | Hummus, crackers cucumbers,carrots & water | Frozen fruit yogurt bites, bananas & water | Assorted fruit, cheese & water |
| **WEEK #4** | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal& milk | Greek yogurt fruit smoothies, bananas  | Oatmeal muffins, melon& water | Berries, yogurt, granola & water | Cereal, bananas& milk |
| **LUNCH** | Chickpea, pepper fetacucumber pasta salad, naanbread, apples, pears & milk  | Beef spaghetti with spinach, tomatoes & cheese, cucumbersapples & milk | Egg salad & cheese sandwiches, veggie pasta salad, pears, nectarines & milk | Chicken cheesebroccoli divan, rice, bananas& milk | Toasted tuna & cheese on a bun,garden salad, apples& milk |
| **P.M. SNACK** | Bagels with cream cheese, strawberries & water | Wow butter with crackers, applespears & water | Cheese, crackers cucumber & water | Carrots, cucumber, ranch dip,crackers, water | Assorted fruit,arrowroot crackers & water |
| **WEEK #5** | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal& milk | Yogurt, appleSauce, water | Cereal mix, melon, grapes & water | Oatmeal muffins,melon & water | Apple sauce,arrowroot crackers |
| **LUNCH** | Wow butter & Jam, cheese & cucumber sandwiches, pears, peaches & milk | Ham, cheese, pea pasta, casserole,breadsticks, bananas & milk | Chicken fried rice(celery, peppers, peas) cucumbersapples & milk | Tuna cucumber & cheese sandwiches,garden salad& milk | Chicken broccoli, pasta alfredo, naan bread, apples & milk |
| **P.M. SNACK** | Crackers, zucchini,carrots, ranch dip & water | Apples, raisin bread& water |  Cheese, crackers,cucumbers& water | Bananas &frozen fruit yogourtbites, water | Assorted fruit,cheese crackers& water |