SUMMER MENU: WEEK 3

Together we can give our kids a Healthy, Active Start!

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	-Variety of Whole Grain Cereal & Milk -Apple Smiles -Milk	-Whole Wheat Pancakes with Syrup -Sweet Berries -Milk	-Whole Grain Toast with butter & jam -Perfect Pears -Milk	-Yogurt -Crunchy Granola Topping & Peachy Peaches -Milk	-Cinnamon Raisin Bagel Bites -Breakfast Pudding (Yogurt. Bananas & Apple Sauce) -Milk
Lunch	Beef Chili with Rice	Seashell Tuna Pasta	Whole Grain Grill Cheese Sandwich	Sweet & Sour Meatballs with Rice	Chicken Salad Sandwich
	Veggie Burger Chili with Rice	Seashell Veggie Pasta		Sweet & Sour Veggie Meatballs with Rice	Mock Chicken Sandwich
	-Mixed Cooked Veggies and Corn -Milk	-Mixed Cooked Veggies -Milk	- Fresh Carrots & Sweet Peas -Milk	- Mixed Cooked Veggies - Milk	-Fresh Veggies -Milk
Snack	-Mighty-Mini Blueberry Muffins -Fresh Fruit in Season -Water	-Fresh Fruit Stacks (Graham Wafers, Cream Cheese Spread, Fresh Fruit Chunks) -Water	-Naturally Nut Free Trail Mix -Fresh Fruit in Season -Water	-Veggie Safari (Crackers with Veggies & Hummus) -Water	-Ice cream Treat Fridays -Fresh Fruit in Season -Water

MENU DETAILS

- = with Fish
- = Regular
- = Vegetarian

- ✔ Nut Free Facility
- ✔ 2% or Whole Milk Served
- ✔ Nutritionist Approved Menu
- ✔ Passes the "Child's Choice Taste Test!"