

SPRING/SUMMER MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cottage cheese, melba toast, fruit bowl	Quinoa oatmeal, fruit bowl	Cereal with milk, fruit bowl	Scrambled eggs with peppers, onion and cheese	Banana and Wow Butter roll-ups
Alternative for allergies				Fruit yogurt and Digestive Cookies	
Vegetable/Fruit	Fruit bowl	Fruit bowl	Fruit bowl	Peppers, onions, Fruit in yogurt	Banana
Whole Grain	Melba toast	Quinoa and oatmeal	Cereal	Digestive Cookies	Tortilla
Protein	Cottage cheese		Milk	Egg, yogurt	Wow Butter
LUNCH	Chicken shawarma fajitas, pears	Vegetable lentil pasta, kiwi	Pancakes and sausage, berries	Captain burgers, peas, cantaloupe	Stuffed pepper casserole, peaches
Vegetable/Fruit	Peppers, onions	Peppers, onions, mushrooms, spinach	Strawberries	Peas	Peppers, onions, tomatoes
Vegetable/Fruit	Pears	Kiwi	Blackberries	Cantaloupe	Peaches
Whole Grain	Tortillas	Pasta	Pancakes	Bun	Rice
Protein/Alternative	Chicken/Veggie Ground	Lentils	Sausage/Yogurt	Fish/Tofu cubes	Beef/Beans
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Fruit yogurt with granola	Zucchini carrot loaf, cheese slice	Sweet potato wedges with Greek Yogurt dip	Breadsticks and salsa	Vegetable sticks, melba toast
Alternative for allergies					
Vegetable/Fruit	Fruit	Zucchini, carrots	Sweet potato	Salsa	Cucumber, peppers
Whole Grain	Granola	Whole grain loaf		Breadsticks	Melba toast
Protein	Yogurt	Cheese slice	Greek yogurt		

*Alternatives provided: Egg free, vegetarian (Allergies and intolerances such as milk/lactose will also be accommodated)

SPRING/SUMMER MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Toast with avocado	English Muffin with Wow Butter, fruit bowl	Waffles and fruit yogurt	Rice cakes with Wow Butter, fruit bowl	Fruit smoothies and graham crackers
Alternative for allergies			Fruit yogurt with digestive cookies		
Vegetable/Fruit	Avocado	Fruit bowl	Fruit	Fruit bowl	Fruit
Whole Grain	Bread	English muffin	Waffle/digestive cookie	Rice cake	Graham crackers
Protein		Wow Butter	Yogurt	Wow Butter	Greek yogurt
LUNCH	Butter chicken pasta, apples	Vegetable quiche/chicken salad sandwich, apples	Pulled pork on a bun, garden salad, honeydew melon	Bean, vegetable and cheese burritos, fruit salad	Taco bake with sour cream, grapes
Vegetable/Fruit	Peppers, onions, mushrooms	Peppers, onion, celery, broccoli	Garden salad	Peppers, onions	Tomatoes, peppers, onions
Vegetable/Fruit	Apples	Apples	Honeydew	Fruit salad	Grapes
Whole Grain	Penne noodles	Quiche shell/Bread	Bun	Tortillas	Tortillas
Protein/Alternative	Chicken/Lentils	Egg/Chicken	Pork/Veggie burger	Beans, cheese	Beef/Kidney beans
Dairy	Milk	Milk	Milk	Milk	Milk, sour cream
PM SNACK	Ham and cheese sliders, fruit bowl	Pitas with Pico de Gallo	Carrot sticks with spinach dip	Tuna salad on melba toast	Guacamole and crackers
Alternative for allergies					
Vegetable/Fruit	Fruit bowl	Tomatoes, onions	Spinach, carrot sticks	Peppers, onions, celery	Guacamole (avocado)
Whole Grain	Dinner roll	Pitas		Melba toast	Crackers
Protein	Ham, cheese		Greek yogurt	Tuna	

*Alternatives provided: Egg free, vegetarian (Allergies and intolerances such as milk/lactose will also be accommodated)

SPRING/SUMMER MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Pancakes and applesauce	Cereal with milk, fruit bowl	Banana muffins, cheese slice	Cottage cheese, fruit bowl, toast	Mini broccoli and cheese quiche
Alternative for allergies					Toast, cheese slice, fruit bowl
Vegetable/Fruit	Applesauce	Fruit bowl	Bananas	Fruit bowl	Broccoli, Fruit bowl
Whole Grain	Pancakes	Cereal	Muffin	Bread	Toast
Protein		Milk	Cheese	Cottage cheese	Egg, cheese
LUNCH	Chicken Caesar wrap, mandarin oranges	Tofu stir fry on rice, mixed berries	Ground beef and vegetables, mashed potatoes, mixed vegetables, dinner roll	Salmon patty on a bun, coleslaw, pineapple	Sausage penne, Greek salad, cantaloupe
Vegetable/Fruit	Lettuce	Stir fried vegetables	Potatoes	Coleslaw	Greek salad
Vegetable/Fruit	Mandarin oranges	Mixed berries	Mixed vegetables	Pineapple	Cantaloupe
Whole Grain	Tortilla	Rice	Dinner roll	Bun	Pasta
Protein/Alternative	Chicken/Tempeh cubes	Tofu	Beef/Veggie ground	Salmon/Veggie burger	Sausage/Lentils
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Cucumber slices with bean dip	Bits and Bites, fruit bowl	Frozen fruit yogurt and digestive cookies	Applesauce and Arrowroot cookies	Vegetable sticks, melba toast
Alternative for allergies					
Vegetable/Fruit	Cucumber	Fruit	Fruit in yogurt	Applesauce	Snap peas, carrots
Whole Grain			Digestive cookies	Arrowroot cookies	Melba toast
Protein	Beans, Greek yogurt in dip	Cereal and crackers	Yogurt		

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SPRING/SUMMER MENU WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Oatmeal, apples	Toast with avocado	Waffles and fruit yogurt	Fruit smoothie with graham crackers	Bagel with Wow Butter, fruit bowl
Alternative for allergies			Fruit yogurt with digestive cookies		
Vegetable/Fruit	Apples	Avocado	Fruit	Berries	Fruit bowl
Whole Grain	Oatmeal	Bread	Waffle/digestive cookie	Graham crackers	Bagel
Protein			Yogurt	Greek yogurt	Wow Butter
LUNCH	Grilled ham and cheese sandwich, cucumbers and peppers, honeydew melon	Three bean vegetable curry on rice, kiwi	Hamburgers, garden salad, bananas	Cold plate, grapes	Chicken and cheese English muffin pizza, Caesar salad, oranges
Vegetable/Fruit	Cucumbers, peppers	Peppers, onions, mushrooms, carrots	Garden salad	Potato salad	Romaine lettuce
Vegetable/Fruit	Honeydew	Kiwi	Banana	Grapes	Oranges
Whole Grain	Bread	Rice	Bun	Crackers	English muffin
Protein/Alternative	Ham, cheese	Beans	Beef/Veggie burger	Hardboiled eggs, cheese, ham slices	Chicken, cheese
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Sweet potato wedges with Greek yogurt dip	Liverwurst and crackers, fruit bowl	Tuna salad wraps	Breadsticks with salsa	Pita bread with guacamole
Alternative for allergies			Chicken salad		
Vegetable/Fruit	Sweet potato	Fruit bowl	Peppers, onions, celery	Salsa	Avocado
Whole Grain		Crackers	Tortilla	Breadsticks	Pitas
Protein	Greek yogurt	Liverwurst	Tuna/Chicken		

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SPRING/SUMMER MENU WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cottage cheese and fruit bowl, melba toast	Rice cakes with Wow Butter, fruit bowl	Toast with avocado	Banana and Wow Butter roll ups	Egg and cheese breakfast sandwich
Alternative for allergies					Sausage and cheese breakfast sandwich
Vegetable/Fruit	Fruit bowl	Fruit bowl	Avocado	Banana	
Whole Grain	Melba toast	Rice cake	Bread	Tortilla	English muffin
Protein	Cottage cheese	Wow Butter		Wow Butter	Egg/ sausage, cheese
LUNCH	Fish and chips, coleslaw, dinner roll	Turkey salad sandwich, Apples	Black bean sloppy Joe's, California mixed vegetables, strawberries	Pork tenderloin with rice, diced sweet potatoes, edamame	Taco salad, breadsticks, mandarin oranges
Vegetable/Fruit	Coleslaw	Peppers, onion, celery	Mixed vegetables	Sweet potatoes	Lettuce, tomatoes, peppers, onions
Vegetable/Fruit	Potatoes	Apples	Strawberries	Edamame	Mandarin oranges
Whole Grain	Dinner roll	Bread	Bun	Rice	Breadsticks
Protein/Alternative	Fish/Veggie nuggets	Turkey/Egg salad	Black beans	Pork/Tofu	Beef/Beans
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Pita bread with roasted red pepper dip	Bread and cucumber slices	Deviled eggs, carrot sticks	Jicama sticks with spinach dip	Pizza toast, fruit bowl
Alternative for allergies			Cottage cheese, carrot sticks		
Vegetable/Fruit	Red peppers	Cucumber	Carrots	Jicama, spinach	Fruit bowl
Whole Grain	Pitas	Bread			Bread
Protein			Eggs/cottage cheese	Greek yogurt	Pepperoni

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SPRING/SUMMER MENU WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fruit smoothie with graham crackers	Vegetable egg bites	Banana muffins, cheese slice	Pancakes, applesauce	Bagel with Wow Butter, fruit bowl
Alternative for allergies		Peppers with Greek yogurt dip			
Vegetable/Fruit	Berries	Onions, peppers	Banana	Applesauce	Fruit bowl
Whole Grain	Graham crackers		Muffins	Pancakes	Bagel
Protein	Greek yogurt	Egg/Greek yogurt	Cheese		Wow Butter
LUNCH	Chicken balls, spring rolls, vegetable fried rice	Salmon bowls, pineapple	Black bean burgers, Caesar salad, pears	Egg salad sandwiches, vegetable sticks, clementines	Beef stroganoff, honeydew melon
Vegetable/Fruit	Vegetables in spring rolls	Tomatoes, spinach, carrot, beets	Romaine lettuce	Celery, carrots	Onions, mushrooms
Vegetable/Fruit	Vegetables in rice	Pineapple	Pears	Clementines	Honeydew
Whole Grain	Rice	Rice, quinoa	Bun	Bread	Pasta
Protein/Alternative	Chicken/Veggie balls	Salmon/Black beans	Black beans	Egg/Chicken salad	Beef/Lentils
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Applesauce and digestive cookies	Liverwurst and pitas, fruit bowl	Pico de Gallo, crackers	Bean dip and snap peas	Cheese and crackers, fruit bowl
Alternative for allergies					
Vegetable/Fruit	Applesauce	Fruit bowl	Tomatoes, onions, peppers	Snap peas	Fruit bowl
Whole Grain	Digestive cookies	Pitas	Crackers		Crackers
Protein		Liverwurst		Beans	Cheese

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