

SPRING/SUMMER MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Bagel with Wow Butter, fruit bowl	Cereal with milk, fruit bowl	Quinoa oatmeal, fruit bowl	Scrambled eggs with peppers and onion	Banana and Wow Butter roll-ups
Alternative (Egg free)				Fruit muffin and cheese slice	
Vegetable/Fruit	Fruit bowl	Fruit bowl	Fruit bowl	Peppers, onions, Fruit	Banana
Whole Grain	Bagel	Cereal	Quinoa, oats	Muffin	Tortilla
Protein	Wow Butter	Milk		Egg, cheese	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 (Egg Free)					
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		

SPRING/SUMMER MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cottage cheese, fruit bowl, bagel	English Muffin with Wow Butter, fruit bowl	Waffles and fruit yogurt	Rice cakes with Wow Butter, fruit bowl	Toast with avocado
Alternative (Egg free)			Fruit yogurt with digestive cookies		
Vegetable/Fruit	Fruit bowl	Fruit bowl	Fruit	Fruit bowl	Avocado
Whole Grain	Bagel	English muffin	Waffle/digestive cookie	Rice cake	Bread
Protein	Cottage cheese	Wow Butter	Yogurt	Wow Butter	
LUNCH	Pulled pork on a bun, garden salad, honeydew melon	Vegetable quiche/tuna salad sandwich, apples	Butter chicken pasta, clementines	Bean, vegetable and cheese burritos, fruit salad	Taco bake with sour cream, grapes
Vegetable/Fruit	Garden salad	Peppers, onion, celery, broccoli	Peppers, onions, mushrooms	Peppers, onions	Tomatoes, peppers, onions
Vegetable/Fruit	Honeydew	Apples	Clementines	Fruit salad	Grapes
Whole Grain	Bun	Quiche shell/Bread	Pasta	Tortillas	Tortillas
Protein/Alternative	Pork/Veggie burger	Egg/Tuna	Chicken/Lentils	Beans, cheese	Beef/Kidney beans
Dairy	Milk	Milk	Milk	Milk	Milk, sour cream
PM SNACK	Zucchini pizza bites	Pitas with Pico de Gallo	Carrot sticks with spinach dip	Tuna salad on melba toast	Cauliflower tots with cheese sauce
Alternative (Egg free)					
Vegetable/Fruit	Zucchini	Tomatoes, onions	Spinach, carrot sticks	Peppers, onions, celery	Cauliflower
Whole Grain		Pitas		Melba toast	
Protein	Pepperoni		Greek yogurt	Tuna	Cheese, Greek yogurt

SPRING/SUMMER MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Pancakes and applesauce	Mini broccoli and cheese quiche	Fruit muffins, cheese slice	Cottage cheese and peppers, toast	Cereal with milk, fruit bowl
Alternative (Egg free)		Toast, cheese, fruit bowl			
Vegetable/Fruit	Applesauce	Broccoli/fruit bowl	Fruit	Peppers	Fruit bowl
Whole Grain	Pancakes	Bread	Muffin	Bread	Cereal
Protein		Egg, cheese	Cheese	Cottage cheese	Milk
LUNCH	Chicken Caesar wrap, mandarin oranges	Tofu stir fry on rice, mixed berries	Meatballs with 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 balls	Salmon/Veggie burger	Sausage/Lentils
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Frozen fruit yogurt with digestive cookies	Jicama sticks with bean dip	Cheese and crackers, fruit bowl	Applesauce and arrowroot cookies	Vegetable sticks, melba toast
Alternative (Egg free)					
Vegetable/Fruit	Fruit	Jicama	Fruit bowl	Applesauce	Snap peas, carrots
Whole Grain	Digestive cookies		Crackers	Arrowroot cookies	Melba toast
Protein	Yogurt	Beans	Cheese		

SPRING/SUMMER MENU WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Quinoa oatmeal, fruit bowl	Apple slices with Wow Butter, bagel	Cereal with milk, fruit bowl	Fruit smoothie with graham crackers	Banana bread
Alternative (Egg free)					
Vegetable/Fruit	Fruit bowl	Apple slices	Fruit bowl	Berries	Bananas
Whole Grain	Quinoa, oatmeal	Bagel	Cereal	Graham crackers	Bread
Protein		Wow Butter	Milk	Greek yogurt	
LUNCH	Grilled ham and cheese sandwich, cucumbers and peppers, honeydew melon	Cold plate, grapes	Hamburgers, Caesar salad, bananas	Three bean vegetable curry on rice, kiwi	Chicken and cheese English muffin pizza, garden salad, oranges
Vegetable/Fruit	Cucumbers, peppers	Potato salad	Romaine lettuce	Peppers, onions, mushrooms, carrots	Garden salad
Vegetable/Fruit	Honeydew	Grapes	Banana	Kiwi	Oranges
Whole Grain	Bread	Dinner roll	Bun	Rice	English muffin
Protein/Alternative	Ham, cheese	Hardboiled egg/Turkey slice	Beef/Tofu burger	Beans	Chicken, cheese
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Sweet potato wedges with Greek yogurt dip	Pita bread with guacamole	Tuna salad wraps	Breadsticks with salsa	Broccoli bites with cheese sauce
Alternative (Egg free)					
Vegetable/Fruit	Sweet potato	Avocado	Peppers, onions, celery	Salsa	Broccoli
Whole Grain		Pitas	Tortilla	Breadsticks	
Protein	Greek yogurt		Tuna		Greek yogurt, cheese

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	Egg and cheese breakfast sandwich	Banana and Wow Butter roll-ups
Alternative (Egg free)				Sausage and cheese breakfast sandwich	
Vegetable/Fruit	Fruit bowl	Fruit bowl	Avocado		Banana
Whole Grain	Melba toast	Rice cake	Bread	English muffin	Tortilla
Protein	Cottage cheese	Wow Butter		Egg/ sausage, cheese	Wow Butter
LUNCH	Taco salad, breadsticks, pears	Turkey salad sandwich, Apples	Black bean sloppy Joe's, California mixed vegetables, strawberries	Pork tenderloin with rice, diced sweet potatoes, mandarin oranges	Fish and chips, coleslaw, dinner roll
Vegetable/Fruit	Lettuce, tomatoes, peppers, onions	Peppers, onion, celery	Mixed vegetables	Sweet potatoes	Coleslaw
Vegetable/Fruit	Pears	Apples	Strawberries	Mandarin oranges	Potatoes
Whole Grain	Breadsticks	Bread	Bun	Rice	Dinner roll
Protein/Alternative	Beef/Beans	Turkey/Egg salad	Black beans	Pork/Tofu	Fish/Veggie nuggets
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 (Egg free)			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

SPRING/SUMMER MENU WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cottage cheese and fruit bowl, melba toast	Vegetable egg bites	Fruit muffins, cheese slice	Pancakes, applesauce	Bagel with Wow Butter, fruit bowl
Alternative (Egg free)		Peppers with Greek yogurt dip			
Vegetable/Fruit	Fruit bowl	Onions, peppers	Fruit	Applesauce	Fruit bowl
Whole Grain	Melba toast		Muffins	Pancakes	Bagel
Protein	Cottage cheese	Egg/Greek yogurt	Cheese		Wow Butter
LUNCH	Chicken balls, spring rolls, vegetable fried rice	Salmon bowls, pineapple	Smokey BBQ tempeh burgers, garden salad, pears	Egg salad sandwiches, vegetable sticks, clementines	Beef stroganoff, honeydew melon
Vegetable/Fruit	Vegetables in spring rolls	Tomatoes, spinach, carrot, beets	Garden salad	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/Kidney beans	Tempeh	Egg/Tuna	Beef/Lentils
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Turkey pesto roll-ups	Tofu cubes, crackers, fruit bowl	Edamame and bean dip	Chicken and avocado pinwheels	Applesauce and digestive cookies
Alternative (Egg free/vegetarian)	Zucchini pesto roll-ups			Crackers and tempeh	
Vegetable/Fruit	Spinach/Zucchini	Fruit bowl	Edamame	Avocado	Applesauce
Whole Grain	Tortillas	Crackers		Tortillas/Crackers	Digestive cookies
Protein	Turkey, cheese	Tofu	Beans	Chicken/Tempeh	