

# Spring & Summer Menu 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	Oatmeal, Fresh Fruit  Fresh Fruit  Lemon Pepper Linguine w/Peas, Tropical Fruit Mix  Trail Mix w/Pepperoni	Cereal, Fresh Fruit  Fresh Fruit  Beef Tacos, Carrot Sticks, Pears  Vanilla Overnight Oats	Cinnamon Raisin Bread, Fresh Fruit  Fresh Fruit  Chicken Stir-Fry w/Broccoli & Brown Rice, Pineapple  Cheese & Crackers	Cereal, Fresh Fruit  Fresh Fruit  Beef Stroganoff, Green Beans, Peaches  Fresh Veggies w/Hummus	Biscuits and Gravy, Fresh Fruit  Fresh Fruit  Sun Nut Butter and Jelly Roll-Ups, Snap Peas, Applesauce  Cinnamon Sugar Soft Pretzel w/ Cream Cheese
<b>Week Two</b>	Bagel and Cream Cheese, Fresh Fruit  Fresh Fruit  Chicken w/Brown Rice, Mixed Veggies, Orange Slices  Apples w/ String Cheese	Cereal, Fresh Fruit  Fresh Fruit  Eggs w/Potatoes & Biscuits, Mixed Fruit  Plain Yogurt w/ Blueberries	Oatmeal, Fresh Fruit  Fresh Fruit  Turkey Sandwich, Carrot Sticks, Pears  Superfood Trail Mix	Cereal, Fresh Fruit  Fresh Fruit  Cheesy Marinara Bake, Salad, Apricots  Sun Nut Butter and Jelly English Muffin	Waffles and Applesauce  Fresh Veggies  Taco Salad, Tortilla Chips, Melon  Turkey w/ Crackers
<b>Week Three</b>	Eggs and Toast, Fresh Fruit  Fresh Fruit  Beans and Rice, Peas, Peaches  Cinnamon Sugar Soft Pretzel w/ Cream Cheese	Cereal, Fresh Fruit  Fresh Fruit  BBQ Chicken Sandwich, Carrot Raisin Slaw, Applesauce  Fresh Veggies w/Hummus	Oatmeal, Fresh Fruit  Fresh Fruit  Macaroni and Cheese, Peas, Tropical Fruit Mix  Trail Mix w/Pepperoni	Cereal, Fresh Fruit  Fresh Fruit  Ham and Cheese Wrap, Snap Peas, Pears  Vanilla Overnight Oats	Cinnamon Raisin Bread, Fresh Fruit  Fresh Fruit  Teriyaki Meatballs, Green Beans, Pineapple  Cheese and Crackers
<b>Week Four</b>	Bagel and Cream Cheese, Fresh Fruit  Fresh Fruit  Chicken Burrito Bowls, Orange Slices  Plain Yogurt w/ Blueberries	Cereal, Fresh Fruit  Fresh Fruit  Sloppy Joes, Corn, Pears  Sun Nut Butter and Jelly English Muffin	Waffles and Applesauce  Fresh Fruit  Pasta Alfredo, Broccoli, Apricots  Turkey w/ Crackers	Cereal, Fresh Fruit  Fresh Veggies  Chicken Nuggets, Salad, Melon  Apples w/String Cheese	Eggs and Toast, Fresh Fruit  Fresh Fruit  Chef Salad w/Roll, Mixed Fruit  Superfood Trail Mix

Week Five: Chef's Choice: \*When this week is utilized a menu will be provided in advance from our Chef.

Milk is served daily at Breakfast and Lunch. Sun Butter does not contain nuts.

Note: Fresh Fruit will be one of the following: apples, melon, pears, strawberries, bananas, kiwi, oranges. Softer fruits and veggies may be substituted for Infants and Toddlers.