



Spring / Summer Menu

Week 1

(April – September)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Cheerios and Melon	Milk Unsweetened Apple Sauce and Mozzarella Cheese Cubes	Milk Full Fat Yogurt and Bananas	Milk Oatmeal with Maple Syrup and Oranges	Milk Fruit Salad
Lunch Meat or Alternative	Turkey Stew	Pizza Topping (Pepperoni)	Mini Quiche (White Cheese & Broccoli)	Roast Beef	Tuna Sandwiches Vegetable Soup
Grain Products	Whole Wheat Bun	Whole Wheat Pita (Pizza Crust)			Whole Wheat Bread
Vegetable	Cooked Vegetables	Cooked Vegetable Red and Green peppers (pizza topping)	Garden Salad Cooked Vegetables	Mashed Potatoes Cooked Vegetables	Garden Salad
Dairy Product	Milk	Milk Pizza Topping (Mozzarella Cheese)	Milk Cheese (in quiche)	Milk	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods			Olive Oil and Balsamic Vinegar Salad Dressing	Gravy	Olive Oil and Balsamic Vinegar Salad Dressing
Mid-Afternoon Snack	Water Red and Green Peppers and Chickpeas	Water Vegetable Tray and Dip and Fish Crackers	Water Cucumbers and Triscuit Crackers	Water Hummus and Whole Wheat Pita	Water Cherry Tomatoes and Mozzarella Cheese

Spring / Summer Menu

Week 2

(April – September)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Bananas and Full Fat Yogurt Dip	Milk Whole Grain Bagels with Plain Cream Cheese	Milk 9 Grain Toast with Butter and Oranges	Milk Melba Toast and Grapes	Milk Fruit Salad and Cheerios
Lunch Meat or Alternative	Black Beans and Chickpeas	Tomato Sauce and Meatballs (separated)	Beef Stew	Baked Chicken Fingers	Turkey Sausage on a Bun
Grain Products	Brown Rice Whole Wheat Wrap	Whole Wheat Pasta	Corn	Whole Wheat Macaroni and Cheese	Whole Wheat Bun
Vegetable	Wrap Fillings (Lettuce, Tomato, peppers, cucumber, tzatziki)	Cooked Vegetable Garden Salad	Salad	Cooked Vegetable	Tomato Soup Cooked Vegetables
Dairy Product	Milk Mozzarella Cheese (in Wrap)	Milk	Milk	Milk Cheese (on Noodles)	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods		Olive Oil and Balsamic Vinegar Salad Dressing	Olive Oil and Balsamic Vinegar Salad Dressing		
Mid-Afternoon Snack	Water Red and Green Peppers and Pretzels	Water Vegetable Tray with Hummus and Havarti Cheese	Water Triscuit Crackers and Havarti Cheese	Water Hard Boiled Eggs and Dill Pickles	Water Mozzarella Cheese, Whole Wheat Pita and Olives



Spring / Summer Menu

Week 3

(April – September)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Fruit Salad	Milk Melba Toast and Oranges	Milk Cheerios and Grapes	Milk Banana Bread and Apples	Milk Toast, Jam and Melon
Lunch Meat or Alternative	Chicken Breast	Meat Loaf	Baked Chicken Burgers	Vegetable Soup Tuna Sandwiches	Sweet and Sour Meatballs
Grain Products	Brown Rice	Corn	Baked Sweet Potato Fries Whole Wheat Buns	Whole Wheat Bread	Brown Rice
Vegetable	Cooked Vegetables	Garden Salad	Cooked Vegetables	Garden Salad	Cooked Vegetables
Dairy Product	Milk	Milk	Milk	Milk	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods		Olive Oil and Balsamic Vinegar Salad dressing	Plum Sauce	Olive Oil and Balsamic Vinegar Salad dressing	
Mid-Afternoon Snack	Water Cherry Tomatoes and Havarti Cheese	Water Cucumbers with Hummus and Whole Wheat Pita	Water Vegetable Tray with Dip	Water Mozzarella Cheese, Triscuit Crackers, and Olives	Water Red and Green Peppers and Fish Crackers



Spring / Summer Menu

Week 4

(April – September)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Fruit Salad	Milk Sugar Free Apple Butter Bran and Pineapple Carrot Muffins and Apples	Milk Shreddies and Melon	Milk Unsweetened Applesauce and Cheese Cubes	Milk Cheerios and Bananas
Lunch Meat or Alternative	Chicken Quesadilla (Chicken, peppers, and Mozzarella cheese)	Hamburgers	Cabbage Rolls	Egg Salad Sandwiches Tomato Soup	Ham
Grain Products	Brown Rice Whole Wheat Tortilla	Whole Wheat Bun	Brown Rice	Whole Wheat Bread	
Vegetable	Cooked Vegetables	Garden Salad	Cooked Vegetables	Garden Salad	Mashed Potatoes Cooked Vegetables
Dairy Product	Milk Cheese (in quesadilla)	Milk	Milk	Milk	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods	Salsa	Olive Oil and Balsamic Vinegar Salad Dressing		Olive Oil and Balsamic Vinegar Salad Dressing	
Mid-Afternoon Snack	Water Triscuit Crackers and Havarti Cheese	Water Chickpeas and Cucumbers	Water Apple and Cheese Cubes	Water Vegetable Tray and Pretzels	Water Cucumbers and Whole Wheat Pita