LCPC Menu - 12 months - School Age

	LCPC Menu - 12 months - School Age							
	st	Monday	Tuesday	Wednesday	Thursday	Friday		
	Breakfast	Eggs	Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles		
		Mangos	Fruit Blend	Pineapple	Festival Fruit Blend	Strawberries & Blueberries		
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
		Beef Nachos	Chicken Alfredo	HM Beef Chili	Chicken with Gravy	HM Sloppy Joes		
7 1	Lunch	Brown rice WGR	Noodles	Corn bread	Bread WGR	Bun WGR		
Week		Beef Nachos	Chicken	Beef	Chicken with Gravy	Beef		
lĕ			Broccoli			Green Beans		
		Corn		Kidney beans	Mashed Potatoes			
		Tomatoes	Peaches	Tropical Fruit Salad	Mixed Veggies	Pineapples		
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
	Snack	Life Cereal WGR	Kix	HM Trail Mix	Wheat Thins WGR	Multi Grain Cheerios		
	Ŋ	Oranges	Apple Slices	Cucumbers & Carrots	Grapes	Clementine		
	t	Monday	Tuesday	Wednesday	Thursday	Friday		
	Breakfast	Eggs	Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles		
	eak	Mangos	Fruit Blend	Pineapple	Festival Fruit Blend	Strawberries & Blueberries		
	Ф	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
		Chicken Enchiladas	Spaghetti - Beef	Meat Loaf - Turkey	Beef with Gravy	Sandwich - Grilled Cheese		
2		Tortilla	Noodles		Brown Rice WGR	Bread WGR		
Week	_			Oats WGR				
l×	Lunch	Chicken Enchiladas	Beef	Turkey	Beef with Gravy	Cheese		
	i	Black Beans	Peas	Mashed Potatoes	Green Beans	Tater Tots		
			Apple Sauce	Peaches	Apples & Cinnamon	Carrots		
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
	Snack	Life Cereal WGR	Kix	HM Trail Mix	Wheat Thins WGR	Multi Grain Cheerios		
	Š	Oranges	Apple Slices	Cucumbers & Carrots	Grapes	Clementine		
		Monday	Tuesday	Wednesday	Thursday	Friday		
	Breakfast		Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles		
		Eggs	Fruit Blend		Festival Fruit Blend	Strawberries & Blueberries		
		Mangos Whole/1%		Pineapple				
			Whole/1%	Whole/1%	Whole/1%	Whole/1%		
က		Bean & Cheese Burrito		Meat Loaf - Beef	Fried Rice	BBQ Chicken Sandwich		
Week	_	Tortilla	Noodles	Oats WGR	Brown Rice WGR	Bun WGR		
۷e	Lunch	Refried Beans	Chicken	Beef	Turkey and Egg	Chicken		
_		Corn, Peas & Carrots	Green Beans	Mashed Potatoes	Peas	Carrots		
		Tropical Fruit Salad	Peaches	Broccoli	Pineapple	Applesauce		
		Whole/1%	Peaches Whole/1%	Broccoli Whole/1%	Whole/1%	Applesauce Whole/1%		
	ack		Whole/1% Kix					
	Snack	Whole/1%	Whole/1%	Whole/1% HM Trail Mix	Whole/1%	Whole/1%		
	ഗ്	Whole/1% Life Cereal WGR Oranges	Whole/1% Kix Apple Slices	Whole/1% HM Trail Mix Cucumbers & Carrots	Whole/1% Wheat Thins WGR Grapes	Whole/1% Multi Grain Cheerios Clementine		
	ഗ്	Whole/1% Life Cereal WGR Oranges Monday	Whole/1% Kix Apple Slices Tuesday	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday	Whole/1% Wheat Thins WGR Grapes Thursday	Whole/1% Multi Grain Cheerios Clementine Friday		
	ഗ്	Whole/1% Life Cereal WGR Oranges Monday Eggs	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt	Whole/1% Multi Grain Cheerios Clementine Friday Waffles		
	akfast	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries		
	ഗ്	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1%	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1%	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1%	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1%	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1%		
. 4	ഗ്	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich		
ek 4	Breakfast	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR		
Neek 4	nch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese		
Week 4	nch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans		
Week 4	nch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples		
Week 4	Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1%	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1%	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1%	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1%		
Week 4	Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios		
Week 4	Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1%	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1%	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1%	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1%	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1%		
Week 4	Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine		
Week 4	Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine		
Week 4	Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Corn Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles		
Week 4	akfast Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries		
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5 Week	Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Alfredo Quesadilla	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Mac & Cheese	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% Meatballs	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Hawaiian Fried Rice	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Egg Sandwich		
5 Week	Breakfast Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Alfredo Quesadilla Tortilla	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Mac & Cheese Noodles	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% Meatballs Brown Rice WGR	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Hawaiian Fried Rice Brown Rice WGR	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Egg Sandwich Bread WGR		
5 Week	nch Breakfast Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Alfredo Quesadilla Tortilla Cheese	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Mac & Cheese Noodles Cheese	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% Meatballs Brown Rice WGR Beef	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Hawaiian Fried Rice Brown Rice WGR Turkey	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Egg Sandwich Bread WGR Eggs		
Week	nch Breakfast Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Alfredo Quesadilla Tortilla Cheese Mixed Veggies	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Mac & Cheese Noodles Cheese	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% Meatballs Brown Rice WGR Beef Broccoli	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Hawaiian Fried Rice Brown Rice WGR Turkey Carrots	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Egg Sandwich Bread WGR Eggs Tater Tots		
5 Week	nch Breakfast Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Alfredo Quesadilla Tortilla Cheese Mixed Veggies Peaches	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Mac & Cheese Noodles Cheese Peas Tropical Fruit Salad	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Corn Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% Meatballs Brown Rice WGR Beef Broccoli Applesauce	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Hawaiian Fried Rice Brown Rice WGR Turkey Carrots Pineapple	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Egg Sandwich Bread WGR Eggs Tater Tots Apples and Cinnamon		
5 Week	nch Breakfast Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Alfredo Quesadilla Tortilla Cheese Mixed Veggies	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Mac & Cheese Noodles Cheese	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% Meatballs Brown Rice WGR Beef Broccoli	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Hawaiian Fried Rice Brown Rice WGR Turkey Carrots	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Egg Sandwich Bread WGR Eggs Tater Tots		
5 Week	Lunch Breakfast Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Alfredo Quesadilla Tortilla Cheese Mixed Veggies Peaches	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Mac & Cheese Noodles Cheese Peas Tropical Fruit Salad	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Corn Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% Meatballs Brown Rice WGR Beef Broccoli Applesauce	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Hawaiian Fried Rice Brown Rice WGR Turkey Carrots Pineapple	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Egg Sandwich Bread WGR Eggs Tater Tots Apples and Cinnamon Whole/1%		
5 Week	ack Lunch Breakfast Snack Lunch Breakfast Sr	Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Chicken Nachos Brown Rice WGR Chicken Nachos Black Beans Corn, Peas & Carrots Whole/1% Life Cereal WGR Oranges Monday Eggs Mangos Whole/1% Alfredo Quesadilla Tortilla Cheese Mixed Veggies Peaches Whole/1%	Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Beef Stroganoff Noodles Beef Stroganoff Broccoli Peaches Whole/1% Kix Apple Slices Tuesday Oatmeal WGR Fruit Blend Whole/1% Mac & Cheese Noodles Cheese Peas Tropical Fruit Salad Whole/1%	Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% HM Chili - Turkey Com Bread Turkey Kidney Beans Apples with Cinnamon Whole/1% HM Trail Mix Cucumbers & Carrots Wednesday Cinnamon Toast WGR Pineapple Whole/1% Meatballs Brown Rice WGR Beef Broccoli Applesauce Whole/1%	Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Pizza English Muffin Cheese Carrots Tropical Fruit Salad Whole/1% Wheat Thins WGR Grapes Thursday Yogurt Festival Fruit Blend Whole/1% Hawaiian Fried Rice Brown Rice WGR Turkey Carrots Pineapple Whole/1%	Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Turkey Sandwich Bread WGR Turkey & Cheese Green Beans Pineapples Whole/1% Multi Grain Cheerios Clementine Friday Waffles Strawberries & Blueberries Whole/1% Egg Sandwich Bread WGR Eggs Tater Tots Apples and Cinnamon		

Date	Menu	Week

Date	
8/2/21	Week 3
8/9/21	Week 4
8/16/21	Week 5
8/23/21	Week 1
8/30/21	Week 2
	Week 3
	Week 4
9/20/21	Week 5
9/27/21	Week 1
10/4/21	Week 2
	Week 3
10/18/21	
	Week 5
11/1/21	Week 1
11/8/21	Week 2
11/15/21	Week 3
11/13/21	
11/29/21	
	Week 1
12/13/21	Week 2
12/20/21	Week 3
12/27/21	Week 4
	Week 5
	Week 1
1/17/22	Week 2
1/24/22	Week 3
1/31/22	Week 4
	Week 5
	Week 1
	Week 2
	Week 3
	Week 4
3/14/22	Week 5
3/21/22	
3/28/22	Week 2
4/4/22	Week 3
4/11/22	Week 4
	Week 5
4/25/22	
5/2/22	Week 1 Week 2
5/9/22	Week 3
5/16/22	Week 4
	Week 5
5/30/22	Week 1
6/6/22	Week 2
6/13/22	Week 3
6/20/22	Week 4
	Week 5
	Week 1
	Week 2
7/18/22	Week 3
7/25/22	Week 4

The Child and Adult Care Food Program (CACFP) is a federally funded meal program through the United States Department of Agriculture (USDA) which provides reimbursements for nutritious meals and snacks served to eligible children enrolled for care at participating centers.

A variety of public or private nonprofit child care centers and Head Start programs which are licensed or approved to provide day care services participate in CACFP.

WGR = Whole Grain Rich

HM = Homemade

All cheeses are low-fat

Mixed Veggies = Corn, carrots, green beans, green peas, lima beans

Trail Mix = Cheese its, Cheerios, and pretzels

Fruit Blend = Peaches, Strawberries, Honeydew melon, pineapple & blueberries

Festival Fruit Blend = Mango, Papaya, Pineapple and Strawberry

Water is offered with all meals.

* Whole milk is provide for children 12-23 months and 1% or skim will be provided for all children 24 months and older.

On the days we are not open, those menu days will be skipped.