##  Related image

**SPRING/SUMMER MENU**

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| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **MORNING SNACK**  | **Rice Chex &****Oranges/Mandarins** Water (Inf) Milk | **Blackberries &****WW Soda Crackers**Water(Inf) Milk |  **Bananas & Veggie Brenton Bites** Milk | **Apple Sauce & Cheddar Cheese**Water(Inf) Milk | **Homemade Blueberry Chia Spread on WW Bagels**Water(Inf) Milk |
| LUNCH | **Veggie Quesadillas & Carrots** |  **Chicken Korma Rice & Sweet Peas**  | **Spaghetti & Meatballs with Broccoli** | **Spinach Mushroom Quiche with Green Beans**  | **Breaded Fish, Potatoes & Carrots** |
| Proteins | Veggie Ground |  Chicken | Beef | Egg | Pollock  |
| **Vegetables**  |  Spinach, Mushrooms, Onions, CeleryBaby Carrots(Inf/T) Cooked Carrots | Sweet Peas, Corn, Onion, Tomato | Green Peppers, Mushrooms, Tomatoes, Onions, Broccoli | Spinach, Mushrooms, Red/Green Peppers, Onions, Green Beans | Potatoes, Carrots |
| **Bread/Grains** | WW Tortillas | 7 Grain Rice BlendWW Dinner Rolls | Whole Grain PastaWW Bread | WW Bread | Whole Grain Bread |
| **Fruit** | Pineapple |  Sliced Cantaloupe | Nectarines/Peaches | Mango | Kiwi |
| **Dairy** | Marble CheeseMilk | YogurtMilk | Milk | Cheddar CheeseMilk | Milk |
| **AFTERNOON SNACK**  | **Pears** **Pita bites**(Inf) Breton crackersMilk  | **Strawberries****Arrowroot cookies**Milk | **Spinach dip****Soda crackers**Water | **Avocado**  **Multigrain Thin Buns**Water | **Apples****Sweet potato crackers****(Inf) Avocado**Milk |

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| **WEEK 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **MORNING SNACK** | **Multi-Grain Cheerios****& Pineapple** Water (Inf) Milk | **Fresh Strawberries &** **Tofutti**  **on Rice Cakes**Milk | **Fresh Blackberries & Soy Butter** **on Graham Wafers** Water ( Inf) Milk | **Kiwi &****Sweet Potato Crackers** (Inf) **Veggie Breton** **Crackers**  Milk | **Fresh Pears****&****Arrowroot Cookies**Water (Inf) Milk  |
| LUNCH |  **Tuna Salad Sandwiches with** **Carrots & Cucumbers** | **Veggie Falafels &****Quinoa-Rice with Green Peas** |  **Homemade Macaroni** **&** **Lentil Cheese Sauce with Broccoli** | **Chicken Veggie****Stir-fry****& Rice** | **Cheddar Cheeseburgers** **with** **Carrots & Cucumbers**  |
| **Proteins** | Tuna | Chick Peas, Quinoa | Nutritional Yeast, Cheddar Cheese, Lentils | Chicken | Lean Beef |
| **Vegetables** | Sliced Cucumbers,  Baby Carrots (Inf/T) Cooked Carrots |  Green Peas |  Broccoli  | (Sweet Peppers, Mushrooms, Zucchini, Carrots, Bean Sprouts,  Broccoli, Onions)  | CucumbersBaby Carrots(I/T) Cooked Carrots Sliced Dill Pickles  |
| **Bread/Grains** | Whole Wheat Bread  | Quinoa-Brown RiceWW Tortillas | Whole Grain Elbow PastaWhole Grain Bread  |   Brown RiceWhole Wheat Bread  | Multigrain Thin Buns |
| **Fruit** |  Orange Pinwheels (Inf) Mandarins | Cantaloupe Wedges  |  Fresh Nectarines/ Peaches  |  Bananas  | Sliced Honey Dew |
| **Dairy** |  Milk. | Milk | Milk | Milk | Cheddar Cheese Milk |
| **AFTERNOON SNACK** | **Raspberries in** **Vanilla Yogurt with Hemp Hearts &** **WW Soda Crackers**Water | **Roasted Red Pepper Hummus** **on Multigrain** **Thin Buns**Water | **Watermelon** **&** **Digestive Cookies**Milk | **Homemade****Mango Chia****on****Pita Bread**Water | **Cheddar Cheese****& Sliced Apples****WW Soda Crackers**(Inf) **Applesauce**Water |

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| **WEEK 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **MORNING SNACK**  |  **Multi-Grain Cheerios** **&** **Orange Slices**(Inf) **Mandarins** Water (Inf) Milk | **Fresh Blackberries & Graham Wafers** Water  (Inf) Milk | **Bananas****&****Rice Chex**Milk | **Mango Chia & WW Soda Crackers**Water(Inf) Milk | **Fresh Nectarines/Peaches****&****Life Multigrain Cereal**Milk  |
| LUNCH | **Hiker’s** **Minestrone Soup**  | **Chicken Fajita** Casserole | **Egg Salad Sandwiches****with Carrots & Cucumbers**  |  **Cabbage Roll Casserole****& Broccoli** | **Vegetarian** **Sloppy Joes** **& Green Beans** |
| Proteins | Black Beans,Kidney Beans & Chick Peas | Chicken | Egg | Lean Ground Beef | Veggie Ground |
| **Vegetables** | (Beans, Diced Tomatoes, Carrots, Peas, Gr. Beans, Corn, Onions) | ((Sweet Peppers, Peas, Tomatoes, Carrots Corn & Avocados) |   Cucumbers & Baby Carrots (Inf/T) Cooked Carrots | (Diced Tomatoes,Spinach, Orange Peppers, Mushrooms, Onions)with Broccoli | (Diced Tomatoes, Tomato Sauce, Spinach, Carrots, Mushrooms, Sweet Peppers, Onions) with Green Beans |
| **Bread/Grains** | Fusilli Pasta WW Soda Crackers | Brown RiceWhole Wheat Tortilla Quarters | Whole Grain Bread | Whole Wheat Bread  |  WW English Muffins |
| **Fruit** | Apple Sauce |  Sliced Cantaloupe |  Sliced Watermelon |  Sliced Honey Dew | Sliced Kiwi |
| **Dairy**  | Milk | Marble CheeseMilk | Milk | Milk | Mozzarella CheeseMilk |
| **AFTERNOON SNACK**  | **Fresh** **Strawberries & Oatmeal Cookies**Milk |  **Blueberries in Vanilla Yogurt** **with Hemp Hearts** **& Arrowroots**Water | **Sw. Peppers & Spinach Dip with Pita Bites**(Inf) Whole **Grain Snackbread**  Water | **Cheddar Cheese****Apple Slices &****Sweet Potato Crackers****(Inf) Apple Sauce****&Veggie Bretons**Water | **Sliced Cucumbers****& Tuna Salad on** **Multigrain Thin Buns**Water |

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| **WEEK 4** | **Monday** |  **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **MORNING SNACK**  | **Pineapple &****Rice Chex** Water (Inf) Milk | **Apple Sauce & Graham Wafers**  Water(Inf) Milk | **Daiya Cream cheese****on WW Soda Crackers****Mango**Water(Inf) Milk | **Sliced Kiwi &** **Digestive Cookies** Water(Inf) Milk | **Fresh Pears &** **Multi-Grain Cheerios**Water(Inf) Milk |
| LUNCH | **Chicken Salad Sandwiches** **& Carrots** | **Teriyaki Beef** **with Rice** **& Green Beans**  | **Spaghetti &** **Veggie Meatballs****& Broccoli**  | **White Bean Curry** | **Breaded Fish Fillets with Potatoes, Peas** **& Carrots** |
| **Proteins** | Chicken | Lean Ground Beef | Veggie Meatballs(Soy Protein)  | White Beans |  Pollock  |
| **Vegetables** | Sliced Cucumberswith Baby Carrots(Inf/T) Cooked Carrots  | (Red/Gr, Peppers, Broccoli, Carrots, Mushrooms, Onions) with Green Beans | (Green/Red Peppers,Diced Tomatoes, Tomato Sauce, Mushrooms, Onions)with Broccoli | (Celery, Carrots, Onions, Spinach) | Potatoes, Cooked Carrots & Sweet Peas  |
| **Bread/Grains** | Whole Wheat Bread  | Brown Rice Whole Grain Bread  |  Whole Grain SpaghettiWhole Wheat Bread  | Corn Rice Blend WW Dinner Rolls  | Whole Grain Bread  |
| **Fruit** |  Orange Pinwheels(Inf) Mandarins | Sliced Cantaloupe |  Fresh Nectarines/ Peaches | Bananas | Watermelon |
| **Dairy** | Milk  | Milk | Milk | Marble CheeseMilk | Milk |
| **AFTERNOON SNACK**  | **Fresh Strawberries** **&** **Arrowroot Cookies**  Milk |  **Avocado**  **&****Whole Grain** **Thin Buns**  Water | **Cheddar Cheese**  **Sliced Apples** **&****WG Snack bread**(Inf) **Applesauce** Water | **Blueberries in** **Vanilla Yogurt** **with Hemp Hearts****& Veggie Breton Bites**Water | **Chick Pea Hummus** **& Pita Bites****(Inf) Vinta Crackers**Milk |

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**SPRING/SUMMER MENU**

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| **WEEK 5** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **MORNING SNACK**  | **Multi-Grain Cheerios****& Orange Pinwheels**Water(Inf) **Mandarins** Milk  | **Sliced Kiwi &****Arrowroots**  Water (Inf) Milk | **Bananas** **&**  **Life Multigrain**Milk | **Sliced Apples &** **Cheddar Cheese**(Inf) **Applesauce**Water  | **Pineapple****&** **Sweet Potato Crackers**Water(Inf) **WG Snack bread**(Inf) Milk |
| LUNCH | **Veggie Chili**  | **Asian Chicken****Rice Bowls** | **Beef Kheema** **with** **Rice** | **Fish Cakes** **with**  **Mashed** **Sweet Potato Blend** | **Grilled Cheese & Chick Pea Salad** |
| Proteins | Black Beans. Veggie Ground Soy Protein | Chicken | Lean Ground Beef | Tuna | Chick Peas& Cheese |
| **Vegetables**  | (Mixed Vegetables, Chopped Tomatoes, Onions) | (Red/Green Peppers, Broccoli, Carrots, Mushrooms) | (Diced Tomatoes, Mixed Peppers, Peas, Onions) | (Blended White & Sweet Potatoes)with Peas | (Chick Peas & Broccoli) |
| **Bread/Grains** | Wh. Gr. Rotini PastaWW Dinner Rolls |   7 Grain Rice BlendWhole Grain Bread  | Brown RiceWhole Wheat Bread  | Whole Grain Bread  | Whole Wheat Bread |
| **Fruit** |  Applesauce  |  Cantaloupe Wedges |  Sliced Honeydew  |  Sliced Watermelon | Fresh Peaches/Nectarines |
| **Dairy** | Marble CheeseMilk | Milk | Milk | Milk |  Mozzarella CheeseMilk |
| **AFTERNOON**  **SNACK** |  **Raspberries****in Vanilla Yogurt****with Hemp Hearts****Oatmeal Cookies**Water | **Fresh Strawberries & Veggie Bretons**Milk | **Sweet Potato Hummus** **with Multigrain** **Thin Buns**Water  |  **Orange/Yellow Peppers** **Ranch Dip &****WW Soda Crackers**  (Inf) **Avocado** Water | **Fresh Pears****&****Daiya Cream Cheese on Rice Cakes**Milk |



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| WEEK 6 | Monday | Tuesday | Wednesday | Thursday | Friday |
| **MORNING SNACK**  | LifeMulti-Grain Cereal & PineappleWater(Inf) Milk | Fresh Blackberries& Rice Cakes withDaiya Cream CheeseWater(Inf) Milk | Bananas& Rice ChexWater(Inf) Milk | Homemade BlueberryChia Spread onPitaWater(Inf) Milk | Sweet Potato Hummus & WW Soda Crackers Water (Inf) Milk |
|  LUNCH | Tuna Twisters with Carrots & Cucumbers | Plant-based Cheeseburgers & Broccoli | Beef Cabbage Stir-fry with Noodles  | Spinach-Cheese with Tofu Pizza & Green Beans and Carrots | Chicken Cacciatore |
| Protein | Tuna, Cheddar Cheese | Soy Protein, Beans | Lean Ground Beef | Cheese | Chicken |
| **Vegetables**  | Cucumbers& Baby Carrots(Inf./T) Cooked Carrots  |  Broccoli & Dill Pickles | (Cabbage, Carrots Peppers, Onion) | (Tomato Sauce, Spinach)with Cucumbers& Baby Carrots(Inf/T) Cooked Carrots | (Tomatoes, Cucumbers, Peas, Carrots, Onion) |
| **Fruit** |  Oranges (Inf) Mandarins  | Cantaloupe Wedges | Nectarines | Mango |  Sliced Kiwi |
| **Bread/Grains** | WW Tortillas | WW Hamburg Buns  | Whole Grain LinguineWhole Grain Bread  |  Pizza Shells | Whole Grain Fusilli PastaWhole Grain Rolls |
| **Dairy** | Shredded Marble CheeseMilk | Cheddar CheeseMilk | Milk | Mozzarella & Cheddar CheesesMilk | Marble CheeseMilk |
| **AFTERNOON SNACK**  | **Fresh Strawberries****& Arrowroot Cookies**Milk | **Raspberries in Yogurt with Hemp Hearts & Graham Wafers**Water | **Apple Slices &****Cheddar Cheese****WW Soda Crackers**(Inf) **Applesauce**Water | **Watermelon-Cucumber Salad,****Sweet Potato Crackers** (Inf) **Veggie Breton**Milk | **Fresh Pears &** **Multi-Grain Cheerios**Milk |

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