



FALL/WINTER 2017

SNACK AND LUNCH MENU

WEEK 1

* AM Snacks provided daily in Preschool only

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Cheerios 2% Milk Fresh Fruit
LUNCH	Whole Wheat Scoobi Do Lentil & Kale in Ricotta Tomato Sauce Parmesan Cheese Green Beans & Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk	Beef & Vegetable Stir Fry Rice Pilaf Baby Carrots Whole Wheat Bun Fresh Fruit 2% Milk	Sole Fillet Green Peas Lemon Sour Cream Sauce Fresh Fruit 2% Milk	Homemade Breaded Chicken Fingers Oven Fries Ketchup Celery & Carrot Sticks Whole Wheat Mini Pita Fresh Fruit 2% Milk	Beef Cannelloni with Tomato Sauce Caesar Salad, Dressing, Croutons Whole Wheat Bread Fresh Fruit 2% Milk
PM SNACK	Organic Zucchini Loaf Fresh Fruit 2% Milk	Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk	Yogurt Cranberry Cookies Fresh Fruit 2% Milk	Whole Wheat Shreddies Bananas 2% Milk	Tortilla Chips Cheese Pineapple Salsa 2% Milk
5:30 SNACK	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Bananas 2% Milk	Fresh Fruit 2% Milk

Transfat Free Lunch Prepared by M. Halpert Catering Limited www.halpertcatering.com

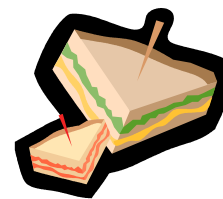
Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Water available at every meal

SNACK AND LUNCH MENU



WEEK 2

*** AM Snacks provided daily in Preschool only**

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit
LUNCH	Vegetable Fusilli Chicken & Mushroom in Tomato Cream Sauce Parmesan Cheese Cauliflower Florets & Carrot Sticks Sixteen Grain Bread 2% Milk Fresh Fruit	Beef Meatballs with Homemade Gravy Mashed Potatoes Cucumber & Pepper Sticks Dark Rye Bread 2% Milk Fresh Fruit	Homemade Chicken Minestrone Soup Chicken, Salami, Cheese Broccoli Florets & Celery Sticks Whole Wheat Sub Bun Mustard 2% Milk Fresh Fruit	Multigrain Tilapia Almost Greek Salad, Dressing, Feta Cheese Ketchup Whole Wheat Pita 2% Milk Fresh Fruit	Beef Tacos Lettuce, Cheese, Sour Cream Taco Shells 2% Milk Fresh Fruit
PM SNACK	Oats & Apple Cookies Fresh Fruit 2% Milk	Apple Sauce Rice Cakes 2% Milk	Egg Salad Whole Wheat Pita Fresh Fruit 2% Milk	Bran Muffin Fresh Fruit 2% Milk	No Nut Butter English Muffin Fresh Fruit 2% Milk
5:30 SNACK	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Apple Sauce 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

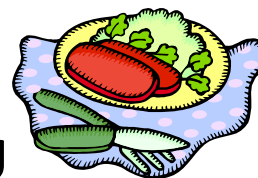
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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Water available at every meal



SNACK AND LUNCH MENU

WEEK 3

*** AM Snacks provided daily in Preschool only**

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit
LUNCH	Moroccan Chicken Drums Brown Rice Cucumber & Carrot Sticks Ancient Grain Bread Fresh Fruit 2% Milk	Beef Meatballs Submarine Garden Salad, Dressing Mozzarella Cheese Whole Wheat Bun Fresh Fruit 2% Milk	Fish Sticks Quinoa Ketchup Cauliflower Florets & Pepper Sticks Whole Wheat Pita Fresh Fruit 2% Milk	Whole Wheat Macaroni Cheese Sauce with Chicken Broccoli Florets & Tomato Wedges Sixteen Grain Bread Fresh Fruit 2% Milk	Beef Kielbasa Potato & Green Peas Salad Ketchup Whole Wheat Hotdog Bun Fresh Fruit 2% Milk
PM SNACK	Organic Carrot Cake Fresh Fruit 2% Milk	Corn Flakes Bananas 2% Milk	Black Bean & Chick Pea Hummus Cucumber Stickers Wheat Crackers 2% Milk	Tuna Salad Whole Wheat English Muffin Fresh Fruit 2% Milk	Yogurt Cranberry Cookies Fresh Fruit 2% Milk
5:30 SNACK	Fresh Fruit 2% Milk	Bananas 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

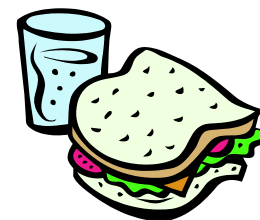
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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Water available at every meal



SNACK AND LUNCH MENU

WEEK 4

*** AM Snacks provided daily in Preschool only**

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit
LUNCH	Whole Wheat Spaghetti Chicken, Chickpea & Spinach in Tomato Chili Sauce Parmesan Cheese Broccoli Florets & Carrot Sticks Whole Wheat Bread Fresh Fruit 2% Milk	Roast Turkey with Homemade Gravy Mashed Potatoes Pepper & Cucumber Sticks Whole Wheat Bun Fresh Fruit 2% Milk	Cheese Tortellini Tomato Meat Sauce Parmesan Cheese Cauliflower Florets & Celery Sticks Whole Wheat Italian Bread Fresh Fruit 2% Milk	Cod Nuggets Mexican Rice Sour Cream, Cucumber & Dill Sauce Tomato Wedges & Pepper Sticks Whole Wheat Pita Fresh Fruit 2% Milk	Beef & Mushroom Hamburger Corn Nibbles Sliced Cheddar Ketchup Whole Wheat Burger Bun Fresh Fruit 2% Milk
PM SNACK	Whole Wheat Shreddies Raisins 2% Milk	Spinach Ricotta Spread Corn Crackers Fresh Fruit 2% Milk	Mixed Berry Muffin Fresh Fruit 2% Milk	Beef Salami Cheese Multigrain Bun Fresh Fruit 2% Milk	Nachos Cheese Salsa 2% Milk
5:30 SNACK	Fresh Fruit/Raisins 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Water available at every meal