



# 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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	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	Breaded Alaskan Pollack Green Peas Lemon Sour Cream Sauce Spinach Tortillas 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
<b>PM SNACK</b>	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
<b>5:30 SNACK</b>	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Bananas 2% Milk	Fresh Fruit 2% Milk

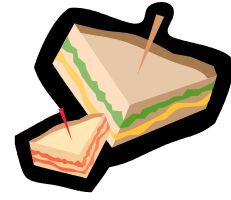
**Transfat Free Lunch Prepared by M. Halpert Catering Limited [www.halpertcatering.com](http://www.halpertcatering.com)**

**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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	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
<b>PM SNACK</b>	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
<b>5:30 SNACK</b>	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Apple Sauce 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

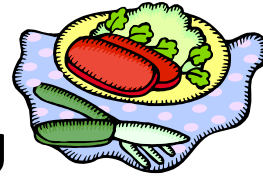
**Transfat Free Lunch Prepared by M. Halpert Catering Limited [www.halpertcatering.com](http://www.halpertcatering.com)**

**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 3**

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

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	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
<b>PM SNACK</b>	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
<b>5:30 SNACK</b>	Fresh Fruit 2% Milk	Bananas 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

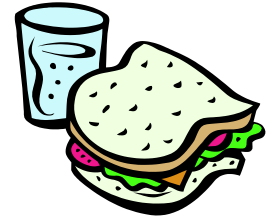
**Transfat Free Lunch Prepared by M. Halpert Catering Limited [www.halpertcatering.com](http://www.halpertcatering.com)**

**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 4**

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

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	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
<b>PM SNACK</b>	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 Crackers Fresh Fruit 2% Milk	Nachos Cheese Salsa 2% Milk
<b>5:30 SNACK</b>	Fresh Fruit/Raisins 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

**Transfat Free Lunch Prepared by M. Halpert Catering Limited [www.halpertcatering.com](http://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**