

# 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

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 PM SNACK  PM SNACK  PM SNACK  Parks Fruit Presh Fruit Presh Fruit Beef & Vegetable Stir Fry Rice Pilaf Baby Carrots Whole Wheat Bun Fresh Fruit 2% Milk Presh Fruit Pollack Green Peas Lemon Sour Cream Sauce Spinach Tortillas Fresh Fruit 2% Milk Presh Fruit Pollack Green Peas Lemon Sour Cream Sauce Spinach Tortillas Fresh Fruit Presh Fruit Presh Fruit Pollack Green Peas Lemon Sour Cream Sauce Spinach Tortillas Fresh Fruit Presh Fruit Presh Fruit Presh Fruit Pollack Green Peas Lemon Sour Cream Sticks Fresh Fruit Presh Fruit Pre		Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Fruit	AM SNACK *	Raisin Bran	Multigrain Cheerios	Shreddies	Raisin Bran	Cheerios
LUNCHWhole Wheat Scoobi Do Lentil & Kale in Ricotta Tomato Sauce Parmesan Cheese Green Beans & Pepper Sticks Light Rye Bread Fresh Fruit 2% MilkBeef & Vegetable Stir Fry Rice Pilaf Baby Carrots Whole Wheat Bun Fresh Fruit 2% MilkBreaded Alaskan Green Peas Sauce Sauce Spinach Tortillas Fresh Fruit 2% MilkHomemade Breaded Chicken Fingers Oven Fries Ketchup Celery & Carrot Spinach Tortillas Fresh Fruit 2% MilkPepper Sticks Light Rye Bread Fresh Fruit 2% Milk2% MilkWhole Wheat Whole Wheat 2% MilkSticks Fresh Fruit 2% MilkWhole Wheat 2% Milk2% MilkPM SNACKOrganic Zucchini Loaf Fresh Fruit 2% MilkSliced Cheddar Vegetable Crackers Fresh Fruit 2% MilkYogurt Cranberry Cookies Fresh Fruit 2% MilkWhole Wheat Shreddies Shreddies Fresh Fruit Bananas Pineapple Sa 2% Milk5:30 SNACKFresh FruitFresh FruitFresh FruitBananasFresh Fruit		2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Scoobi Do Lentil & Kale in Ricotta Tomato Sauce Parmesan Cheese Green Beans & Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk  PM SNACK  Organic Zucchini Loaf Fresh Fruit 2% Milk  PM SNACK  PM SNACK  Scoobi Do Lentil & Kale in Ricotta Tomato Stir Fry Rice Pilaf Baby Carrots Whole Wheat Bun Fresh Fruit 2% Milk  Pollack Green Peas Lemon Sour Cream Sauce Spinach Tortillas Fresh Fruit 2% Milk  Presh Fruit 2% Milk  PM SNACK  Pollack Green Peas Lemon Sour Cream Sauce Spinach Tortillas Fresh Fruit 2% Milk  Presh Fruit 2% Milk  PM SNACK  Pollack Green Peas Lemon Sour Cream Sauce Spinach Tortillas Fresh Fruit 2% Milk  Presh Fruit 2% Milk  Presh Fruit 2% Milk  PM SNACK  PR SNACK  Pollack Green Peas Lemon Sour Cream Sauce Spinach Tortillas Fresh Fruit 2% Milk  Presh Fruit Bananas Fresh Fruit Bananas Fresh Fruit Bananas Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lentil & Kale in Ricc Pilaf Baby Carrots Sauce Parmesan Cheese Green Beans & Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk  PM SNACK  PM SNACK  Persh Fruit Casar Sala Baby Carrots Whole Wheat Bun Fresh Fruit 2% Milk  Persh Fruit Casar Sala Dressing, Crou Whole Wheat Spinach Tortillas Sticks Fresh Fruit 2% Milk  PM SNACK  Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk  PM SNACK  PM SNACK  PM SNACK  PERSH Fruit Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk  PM SNACK  PM SNACK  PR SNACK  P	LUNCH	Whole Wheat	Beef & Vegetable	Breaded Alaskan	Homemade	Beef Cannelloni
Ricotta Tomato Sauce Parmesan Cheese Green Beans & Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk  PM SNACK  Organic Zucchini Loaf Fresh Fruit 2% Milk  Pepser Fruit Suice Colery & Carrot Spinach Tortillas Fresh Fruit 2% Milk  Fresh Fruit Presh Fruit 2% Milk  Dressing, Crou Whole Wheat Spinach Tortillas Fresh Fruit 2% Milk  Fresh Fruit Presh Fruit 2% Milk  PM SNACK  Organic Zucchini Loaf Fresh Fruit 2% Milk  Fresh Fruit 2% Milk  Fresh Fruit 2% Milk  Fresh Fruit Presh Fruit 2% Milk  Fresh Fruit 2% Milk  Fresh Fruit Bananas Fresh Fruit 2% Milk  Fresh Fruit		Scoobi Do	Stir Fry	Pollack	Breaded Chicken	with Tomato Sauce
Sauce Parmesan Cheese Green Beans & 2% Milk Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk  PM SNACK Organic Zucchini Loaf Fresh Fruit 2% Milk  Pepser Fruit 2% Milk  Fresh Fruit 2% Milk  PM SNACK  Pepser Sticks Light Rye Bread Fresh Fruit 2% Milk  Fresh Fruit 2% Milk  Fresh Fruit 2% Milk  PM SNACK  Fresh Fruit 2% Milk  Fresh Fruit 3% Milk  Fresh Fruit 4% Bananas 5% Fresh Fruit 5% Fresh Fruit 5% Fresh Fruit 5% Milk  Fresh Fruit 5% Milk  Fresh Fruit 5% Fresh Fruit 5% Fresh Fruit 5% Fresh Fruit 5% Milk  Fresh Fruit 5% Milk  Fresh Fruit 5% Fresh Fruit 5% Fresh Fruit 5% Milk  Fresh Fruit 5% Milk  Fresh Fruit 5% Milk  Fresh Fruit 5% Fresh Fruit 5% Milk  F		Lentil & Kale in	Rice Pilaf	Green Peas	Fingers	Caesar Salad,
Parmesan Cheese Green Beans & 2% Milk Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk  PM SNACK Organic Zucchini Loaf Fresh Fruit 2% Milk  Pepser Fresh Fruit 2% Milk  Spinach Tortillas Fresh Fruit 2% Milk  Sticks Whole Wheat Mini Pita Fresh Fruit 2% Milk  PM SNACK Organic Zucchini Loaf Fresh Fruit 2% Milk  Fresh Fruit 2% Milk  Fresh Fruit Fresh Fruit 2% Milk  Fresh Fruit		Ricotta Tomato	Baby Carrots	Lemon Sour Cream	Oven Fries	Dressing, Croutons
Green Beans & 2% Milk  Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk  PM SNACK  Organic Zucchini Loaf Fresh Fruit 2% Milk  Sticks Whole Wheat Mini Pita Fresh Fruit 2% Milk  PM SNACK  Organic Zucchini Loaf Fresh Fruit 2% Milk  Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk  Cranberry Cookies Fresh Fruit Bananas Pineapple Sa 2% Milk  5:30 SNACK  Fresh Fruit Bananas Fresh Fruit Bananas Fresh Fruit		Sauce	Whole Wheat Bun	Sauce	Ketchup	Whole Wheat
Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk  PM SNACK  Organic Zucchini Loaf Fresh Fruit 2% Milk  Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk  Cranberry Cookies Fresh Fruit 2% Milk  Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk  Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk  Sliced Cheddar Vegetable Crackers Fresh Fruit Shreddies Fresh Fruit Bananas Pineapple Sa 2% Milk  5:30 SNACK  Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Bananas Fresh Fruit		Parmesan Cheese	Fresh Fruit	Spinach Tortillas	Celery & Carrot	Bread
Light Rye Bread Fresh Fruit 2% Milk  PM SNACK Organic Zucchini Loaf Fresh Fruit 2% Milk  Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk  Cranberry Cookies Fresh Fruit 2% Milk  Shreddies Fresh Fruit Bananas Pineapple Sa 2% Milk  5:30 SNACK  Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Bananas Fresh Fruit		Green Beans &	2% Milk	Fresh Fruit	Sticks	Fresh Fruit
Fresh Fruit 2% Milk  PM SNACK  Organic Zucchini  Loaf  Fresh Fruit  Vegetable Crackers  Fresh Fruit  2% Milk  Cranberry Cookies  Fresh Fruit  Shreddies  Cheese  Fresh Fruit  2% Milk  Fresh Fruit  2% Milk  Fresh Fruit  Fresh Fruit  Bananas  Pineapple Sa  2% Milk  5:30 SNACK  Fresh Fruit		Pepper Sticks		2% Milk	Whole Wheat	2% Milk
PM SNACK Organic Zucchini Loaf Fresh Fruit 2% Milk  PM SNACK Organic Zucchini Loaf Vegetable Crackers Fresh Fruit 2% Milk  Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk  Fresh Fruit 2% Milk  Sliced Cheddar Cranberry Cookies Fresh Fruit Bananas Pineapple Sa 2% Milk  5:30 SNACK  Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Bananas Fresh Fruit		Light Rye Bread			Mini Pita	
PM SNACK Organic Zucchini Loaf Vegetable Crackers Fresh Fruit 2% Milk Sliced Cheddar Vegetable Crackers Fresh Fruit 2% Milk Fresh Fruit		Fresh Fruit			Fresh Fruit	
Loaf Vegetable Crackers Cranberry Cookies Shreddies Cheese Fresh Fruit Fresh Fruit Bananas Pineapple Sa 2% Milk 2% Milk 2% Milk 2% Milk 2% Milk 5:30 SNACK Fresh Fruit Fresh Fruit Fresh Fruit Bananas Fresh Fruit		2% Milk			2% Milk	
Fresh Fruit 2% Milk 2% Milk Fresh Fruit Bananas Pineapple Sa 2% Milk 2% Milk 2% Milk 2% Milk 2% Milk 5:30 SNACK Fresh Fruit Fresh Fruit Fresh Fruit Bananas Fresh Fruit	PM SNACK	Organic Zucchini	Sliced Cheddar	Yogurt	Whole Wheat	Tortilla Chips
2% Milk     2% Milk     2% Milk     2% Milk       5:30 SNACK     Fresh Fruit     Fresh Fruit     Bananas     Fresh Fruit		Loaf	Vegetable Crackers	Cranberry Cookies	Shreddies	Cheese
5:30 SNACK     Fresh Fruit     Fresh Fruit     Bananas     Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit	Bananas	Pineapple Salsa
		2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
2% Milk         2% Milk         2% Milk         2% Milk         2% Milk         2% Milk	5:30 SNACK	Fresh Fruit	Fresh Fruit	Fresh Fruit	Bananas	Fresh Fruit
		2% Milk	2% Milk	2% Milk	2% Milk	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.



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



#### WEEK 3

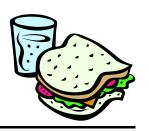
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	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Multigrain Cheerios	Shreddies	Raisin Bran	Multigrain	Shreddies
	2% Milk	2% Milk	2% Milk	Cheerios	2% Milk
	Fresh Fruit	Fresh Fruit	Fresh Fruit	2% Milk	Fresh Fruit
				Fresh Fruit	
LUNCH	Moroccan Chicken	Beef Meatballs	Fish Sticks	Whole Wheat	Beef Kielbasa
	Drums	Submarine	Quinoa	Macaroni	Potato & Green
	Brown Rice	Garden Salad,	Ketchup	Cheese Sauce with	Peas Salad
	Cucumber & Carrot	Dressing	Cauliflower Florets	Chicken	Ketchup
	Sticks	Mozzarella Cheese	& Pepper Sticks	Broccoli Florets &	Whole Wheat
	Ancient Grain	Whole Wheat Bun	Whole Wheat Pita	Tomato Wedges	Hotdog Bun
	Bread	Fresh Fruit	Fresh Fruit	Sixteen Grain	Fresh Fruit
	Fresh Fruit	2% Milk	2% Milk	Bread	2% Milk
	2% Milk			Fresh Fruit	
				2% Milk	
PM SNACK	Organic Carrot	Corn Flakes	Black Bean & Chick	Tuna Salad	Yogurt
1 W SWACK	Cake	Bananas	Pea Hummus	Whole Wheat	Cranberry Cookies
	Fresh Fruit	2% Milk	Cucumber Stickers	English Muffin	Fresh Fruit
	2% Milk	270 1411110	Wheat Crackers	Fresh Fruit	2% Milk
	270 1411110		2% Milk	2% Milk	270 1411110
			270 141111	270 141111	
5:30 SNACK	Fresh Fruit	Bananas	Fresh Fruit	Fresh Fruit	Fresh Fruit
	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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

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### **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

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