

PARENTS NOTE: CHILDREN WHO DO NOT EAT MEAT WILL BE SERVED A VEGETARIAN MEAL. EX. MORNIGSTAR PRODUCTS

2016-2017: BREAKFAST, LUNCH & SNACK

1% LOW FAT WHITE MILK 100 % FRUIT JUICE SERVED

***MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS, 1% LOW FAT WHITE MILK & FRESH OR FROZEN VEGETABLES ARE USED. 100 % FRUIT JUICE SERVED**
 PARENTS NOTE: SOYA MILK WILL BE PROVIDED TO CHILDREN WHO CANNOT TOLORATE REGULAR MILK DUE TO MEDICAL CONDITION. PARENTS PLEASE PROVIDE US WITH A MEDICAL NOTE.

	MONDAY	TUESDAY	WEDNESDAY	THUIRSDAY	FRIDAY
BREAKFAST	Oranges Waffles w/Apple Sauce Cereal Rice Krispies	Bananas French Toast Stick w/Lt. Syrup Cereal Cheerios	Oranges Corn Muffins Or Banana Muffin Cereal Apple Jacks	Bananas Wheat Bagels w/Lt. Cream Cheese or Banana Loaf Cereal Kix	Oranges Turkey Bacon Hash Browns Cereal Corn Flakes
Week #1 Lunch	Macaroni w/ Meat Sauce, Fresh Tossed Salad w/ Wheat Roll Fresh Cantaloupes	Chicken Tenders w/ Fries Garden Salad Fresh Honeydew	New Orleans Chicken w/Brown Rice Steam Broccoli Fresh Pineapple	Buffalo Chicken Wings w/Mac & Cheese Fresh Tossed Salad Fresh Pear	Jamaican Patties Fresh Corn Fresh Apples
Week #2 Lunch	Fresh Cheese Pizza Steam Corn Fresh Watermelon	Turkey Sandwich Lettuce/Tomatoes Fresh Cantaloupes	Spaghetti w/Lean Turkey Meat w/Italian Bread Fresh Salad Fresh Honeydew	Chicken Patties Cheese/Lettuce/Tomatoes w/Wheat Hamburger Bun Fresh Pineapple	BBQ Chicken w /Rice & Beans Tossed Salad Fried Plantains Fresh Pear
Week #3 Lunch	Chicken Salad Sandwich Baby Carrot Fresh Apples	Chicken Tenders Yellow Rice Romaine Salad Fresh Cantaloupes	Turkey Burger Lettuce/Tomatoes Wheat Bun Fresh Pear	Buffalo Chicken Wings w/Alfredo Pasta Garden Salad Fresh Cantaloupes	Jamaican Patties Steam Corn Fresh Pineapple
Week #4 Lunch	Chicken Patties Cheese/Lettuce/Tomatoes w/ wheat Hamburger Bun Fresh Pear	Fish & Chips French Fries Baby carrots Fresh Watermelon	Mixed Beans Soup W/Wheat Bread/Cheese Romaine Salad Fresh Cantaloupes	Lasagna w/Lean Turkey Meat Fresh Tossed Salad w/wheat Roll Fresh Honeydew	Chicken Fried Rice Fresh Salad Fresh Pineapple
Week #5 Lunch	Fresh Cheese Pizza Steam Corn Fresh Honeydew	Chicken Fried Rice Fresh Salad Fresh Pear	Turkey Burger Lettuce/Tomatoes Wheat Bun Fresh Plum	Stew Peas & White Rice Romaine Salad Fresh Watermelon	BBQ Chicken w /Rice & Beans Tossed Salad Fried Plantains Fresh Peach
SNACKS	Juice/Water Pretzels PC or Vanilla Wafers Fresh Pineapples	Juice/Water Yogurt Or Cheese on Cheese Cracker /Fresh Apples	Juice/Water Lorna Doone or Apple Sauce Fresh Pears	Juice/Water Cinnamon Biscuit or Mini Biscuit Fresh Cantaloupes	Juice/Water Chocolate Chips or Strawberry Sauce / Apples

100% FRESH FRUITS: PINEAPPLE APPLE ♥ HONEY DEW ♥ WATERMELON♥ PEACH♥ PEAR♥ PLUM ♥ CANTALOPE

Schedule is set up for 4 or 5 week months

Applications for Free or Reduced meals are available in the office