



SPRING/SUMMER 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	Masala Chicken Drums Quinoa Cucumber & Carrot Sticks Dark Rye Bread Fresh Fruit 2% Milk	Vegetable Elbow Macaroni Cheese Sauce with Beef Salami Green Beans & Cauliflower Floret Whole Wheat Bun Fresh Fruit 2% Milk	Cod Fish Fillet with Tomato Citrus Herb Sauce Potato & Green Peas Salad Whole Grain Flax Bread Fresh Fruit 2% Milk	Beef Tacos Lettuce, Cheese, Tomatoes, Sour Cream, Taco Shells Fresh Fruit 2% Milk	Curried Chicken Rice Pilaf Broccoli Floret & Cucumber Sticks Whole Wheat Pita Fresh Fruit 2% Milk
PM SNACK	Sliced Cheddar Breton Crackers Fresh Fruit 2% Milk	Banana Loaf Fresh Fruit 2% Milk	Yogurt Bran Crunch Cookies Fresh Fruit 2% Milk	Whole Wheat Shreddies Bananas 2% Milk	Tortilla Chips Cheese Tomato Salsa Watermelon 2% Milk
5:30 SNACK	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Bananas 2% Milk	Watermelon 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.

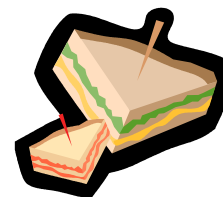
Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Water available at every meal

More food available on request

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	Teriyaki Glazed Beef Meatballs Mashed Potatoes Pepper & Carrot Sticks Whole Wheat Bun Fresh Fruit 2% Milk	Honey Mustard Chicken Rice Pilaf Tomato Wedges & Celery Sticks Light Rye Bread Fresh Fruit 2% Milk	Vegetable Fusilli Tomato Meat Sauce Parmesan Cheese Green Beans & Cauliflower Florets Italian Bread Garlic Butter Fresh Fruit 2% Milk	Alaskan Pollack Fillet Coleslaw Ketchup Whole Wheat Pita Bread Fresh Fruit 2% Milk	Beef Lasagna Baby Carrots Whole Wheat Bread Fresh Fruit 2% Milk
PM SNACK	Oatmeal Cookies Fresh Fruit 2% Milk	Egg Salad Whole Wheat Pita Fresh Fruit 2% Milk	Apple Sauce Rice Cakes 2% Milk	Sliced Cheddar Multigrain Crackers Fresh Fruit 2% Milk	Banana 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.

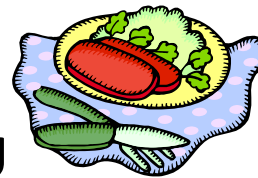
Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Water available at every meal

More food available on request

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

	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	Roasted Chicken Drums Brown Rice Green Beans & Pepper Sticks Purple Wheat & Flax Bread Fresh Fruit 2% Milk	Sloppy Joes Caesar Salad, Dressing, Croutons Whole Wheat Burger Bun Fresh Fruit 2% Milk	Fish Sticks Fried Rice, Lemon Garlic Sauce Tomato Wedges & Celery Sticks Whole Wheat Pita Fresh Fruit 2% Milk	Whole Wheat Penne Tomato Cream Sauce with Diced Chicken Parmesan Cheese Broccoli Florets & Carrot Sticks Sixteen Grain Bread Fresh Fruit 2% Milk	Beef Kielbasa Oven Fries Ketchup Cauliflower Florets & Cucumber Sticks Whole Wheat Hotdog Bun Fresh Fruit 2% Milk
PM SNACK	Lentil & Spinach Hummus Multigrain Crackers Fresh Fruit 2% Milk	Corn Flakes Bananas 2% Milk	Lemon & Poppy Seeds Cake Fresh Fruit 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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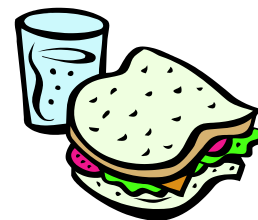
Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

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

Vegetarian alternative available daily

Water available at every meal

More food available on request



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 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 Salmon Strips in Tomato Cream Sauce Broccoli Floret & Carrot Sticks Whole Wheat Bun Fresh Fruit 2% Milk	Homemade Chicken Noodle Soup Chicken, Salami, Cheese Pepper & Cucumber Sticks Whole Wheat Sub Bun Mustard Fresh Fruit 2% Milk	Beef Meatballs with Homemade Gravy Mashed Potatoes Tomato Wedges & Celery Sticks Ancient Grain Bread Fresh Fruit 2% Milk	Cheese Ravioli Tomato & Lentil Sauce with Kale Cauliflower Florets & Pepper Sticks Light Rye Bread Fresh Fruit 2% Milk	Beef & Mushroom Hamburger Chickpea & Green Bean Salad Sliced Cheddar Ketchup Whole Wheat Burger Bun Fresh Fruit 2% Milk
PM SNACK	Cereal Raisins 2% Milk	Oatmeal Muffin Fresh Fruit 2% Milk	Cucumber, Tomato Bruschetta Corn Crackers Fresh Fruit 2% Milk	Beef Salami Cheese Whole Wheat English Muffin Fresh Fruit 2% Milk	Nachos Cheese Corn 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

More food available on request