



3	4	5	6	7
AM Snack	AM Snack	AM Snack	AM Snack	AM Snack
Cottage Cheese w/ pineapple	Yogurt w/ blueberries	Pita w/ hummus	Cereal & bananas	Cantaloupe & Yogurt
Lunch	Lunch	<u>Lunch</u>	Lunch	Lunch
Waffles w/ turkey bacon &	Spaghetti w/ pickles & peaches	Macaroni noodle w/ chicken &	Stuffed Shells w/ cheese, green	Breaded Fish w/ mixed veggies &
strawberries	PM Snack	apples	beans & pears	sweet potato fries
PM Snack	Chocolate pudding & animal	PM Snack	PM Snack	PM Snack
Pepperoni & crackers	crackers	Applesauce & goldfish	Cheez its & String cheese	Graham cracker & oranges
Extended Snack	Extended Snack	Extended Snack	Extended Snack	Extended Snack
Plaintain Chips & grape juice	Pepperoni & crackers	Pudding & animal crackers	Applesauce & goldfish	Cheez its & String cheese
10	11	12	13	14
AM Snack	AM Snack	AM Snack	AM Snack	AM Snack
Bagels & cream cheese	Applesauce & graham crackers	Yogurt w/ animal crackers	String cheese & crackers	Apples & goldfish
Lunch	Lunch	Lunch	Lunch	Lunch
Alfredo pasta w/ broccoli	Pancakes w/ Turkey sausage and	Meatballs w/ gravy, rice pilaf &	Cheese guesadilla w/ black	Hot Ham/cheese sandwich w/
covered w/ cheese	strawberries	corn	beans & honeydew	watermelon & Plaintain chips
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Vanilla wafers & yogurt	Fruit leather & Cheez Its	Pineapple & cottage cheese	Fig bar & chocolate pudding	Chex mix & juice
			Extended Snack	Extended Snack
Extended Snack	Extended Snack	Extended Snack		
Graham cracker & oranges	Vanilla wafers & yogurt	Fruit leather & Cheez Its	Pineapple & cottage cheese	Fig bar & chocolate pudding
17	18	40		
	1 18	19	20	
		19 AM Snack	20 AM Spack	21 AM Snack
AM Snack	AM Snack	AM Snack	AM Snack	AM Snack
<u>AM Snack</u> Yogurt & granola	AM Snack Pears & cottage cheese	AM Snack Cereal & nutri grain bar	AM Snack Pretzels w/ Hummus	AM Snack Wheat thins & cream cheese
<u>AM Snack</u> Yogurt & granola <u>Lunch</u>	AM Snack Pears & cottage cheese Lunch	AM Snack Cereal & nutri grain bar Lunch	AM Snack Pretzels w/ Hummus Lunch	AM Snack Wheat thins & cream cheese Lunch
<u>AM Snack</u> Yogurt & granola <u>Lunch</u> Bagel pizza w/ tropical fruit &	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers PM Snack	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers <u>PM Snack</u> Rice cakes & Nutri grain bar	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers <u>PM Snack</u> Rice cakes & Nutri grain bar <u>Extended Snack</u>	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots <u>PM Snack</u> Chips & cheese dip <u>Extended Snack</u>	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers <u>PM Snack</u> Rice cakes & Nutri grain bar	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers <u>PM Snack</u> Rice cakes & Nutri grain bar <u>Extended Snack</u>	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots <u>PM Snack</u> Chips & cheese dip <u>Extended Snack</u>	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers <u>PM Snack</u> Rice cakes & Nutri grain bar <u>Extended Snack</u> Chex mix & juice	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers PM Snack Rice cakes & Nutri grain bar Extended Snack Chex mix & juice 24	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27	AM SnackWheat thins & cream cheeseLunchTortellini pasta w/ mixed veggies& ricePM SnackChex Mis & juiceExtended SnackCheese cubes & crackers28
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers PM Snack Rice cakes & Nutri grain bar Extended Snack Chex mix & juice 24 AM Snack	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25 AM Snack	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26 AM Snack	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers 28 AM Snack
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers PM Snack Rice cakes & Nutri grain bar Extended Snack Chex mix & juice 24 AM Snack Blueberry muffin & milk	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25 AM Snack Yogurt & mixed berries	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26 AM Snack Tropical fruit & goldfish	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack Applesauce & teddy grahams	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers 28 AM Snack Yogurt & granola
AM SnackYogurt & granolaLunchBagel pizza w/ tropical fruit &cucumbersPM SnackRice cakes & Nutri grain barExtended SnackChex mix & juice24AM SnackBlueberry muffin & milkLunchChicken Teriyaki noodles w/	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25 AM Snack Yogurt & mixed berries Lunch	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26 AM Snack Tropical fruit & goldfish Lunch	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack Applesauce & teddy grahams Lunch	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers 28 AM Snack Yogurt & granola Lunch
AM SnackYogurt & granolaLunchBagel pizza w/ tropical fruit &cucumbersPM SnackRice cakes & Nutri grain barExtended SnackChex mix & juice24AM SnackBlueberry muffin & milkLunchChicken Teriyaki noodles w/veggies	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25 AM Snack Yogurt & mixed berries Lunch Nachos w/ chicken & beans	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26 AM Snack Tropical fruit & goldfish Lunch Meat/Cheese & crackers w/	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack Applesauce & teddy grahams Lunch Sunbutter & jelly sandwich,	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers 28 AM Snack Yogurt & granola Lunch Mini Corndogs, sweet potato fries & fruit
AM SnackYogurt & granolaLunchBagel pizza w/ tropical fruit &cucumbersPM SnackRice cakes & Nutri grain barExtended SnackChex mix & juice24AM SnackBlueberry muffin & milkLunchChicken Teriyaki noodles w/	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25 AM Snack Yogurt & mixed berries Lunch Nachos w/ chicken & beans PM Snack	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26 AM Snack Tropical fruit & goldfish Lunch Meat/Cheese & crackers w/ pickles & peaches	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack Applesauce & teddy grahams Lunch Sunbutter & jelly sandwich, plaintain chips & cheese cubes	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers 28 AM Snack Yogurt & granola Lunch Mini Corndogs, sweet potato fries
AM SnackYogurt & granolaLunchBagel pizza w/ tropical fruit &cucumbersPM SnackRice cakes & Nutri grain barExtended SnackChex mix & juice24AM SnackBlueberry muffin & milkLunchChicken Teriyaki noodles w/veggiesPM SnackString cheese & crackers	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25 AM Snack Yogurt & mixed berries Lunch Nachos w/ chicken & beans PM Snack Fruit leather & teddy grahams	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26 AM Snack Tropical fruit & goldfish Lunch Meat/Cheese & crackers w/ pickles & peaches PM Snack Pretzels & hummus	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack Applesauce & teddy grahams Lunch Sunbutter & jelly sandwich, plaintain chips & cheese cubes PM Snack Rice cakes & fruit	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers 28 AM Snack Yogurt & granola Lunch Mini Corndogs, sweet potato fries & fruit PM Snack Fruit & crackers
AM Snack Yogurt & granola Lunch Bagel pizza w/ tropical fruit & cucumbers PM Snack Rice cakes & Nutri grain bar Extended Snack Chex mix & juice 24 AM Snack Blueberry muffin & milk Lunch Chicken Teriyaki noodles w/ veggies PM Snack String cheese & crackers Extended Snack	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25 AM Snack Yogurt & mixed berries Lunch Nachos w/ chicken & beans PM Snack Fruit leather & teddy grahams Extended Snack	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26 AM Snack Tropical fruit & goldfish Lunch Meat/Cheese & crackers w/ pickles & peaches PM Snack Pretzels & hummus Extended Snack	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack Applesauce & teddy grahams Lunch Sunbutter & jelly sandwich, plaintain chips & cheese cubes PM Snack Rice cakes & fruit Extended Snack	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers 28 AM Snack Yogurt & granola Lunch Mini Corndogs, sweet potato fries & fruit PM Snack Fruit & crackers Extended Snack
AM SnackYogurt & granolaLunchBagel pizza w/ tropical fruit &cucumbersPM SnackRice cakes & Nutri grain barExtended SnackChex mix & juice24AM SnackBlueberry muffin & milkLunchChicken Teriyaki noodles w/veggiesPM SnackString cheese & crackers	AM Snack Pears & cottage cheese Lunch BBQ chicken sliders w/ sweet potato fries & carrots PM Snack Chips & cheese dip Extended Snack Rice cakes & Nutri grain bar 25 AM Snack Yogurt & mixed berries Lunch Nachos w/ chicken & beans PM Snack Fruit leather & teddy grahams	AM Snack Cereal & nutri grain bar Lunch French Toast sticks w/ turkey bacon & blueberries PM Snack Ritz Bitz & string cheese Extended Snack Chips & cheese dip 26 AM Snack Tropical fruit & goldfish Lunch Meat/Cheese & crackers w/ pickles & peaches PM Snack Pretzels & hummus	AM Snack Pretzels w/ Hummus Lunch Turkey/cheese roll ups w/ pickles & mandarin oranges PM Snack Cheese cubes & crackers Extended Snack Ritz Bitz & string cheese 27 AM Snack Applesauce & teddy grahams Lunch Sunbutter & jelly sandwich, plaintain chips & cheese cubes PM Snack Rice cakes & fruit	AM Snack Wheat thins & cream cheese Lunch Tortellini pasta w/ mixed veggies & rice PM Snack Chex Mis & juice Extended Snack Cheese cubes & crackers 28 AM Snack Yogurt & granola Lunch Mini Corndogs, sweet potato fries & fruit PM Snack Fruit & crackers