

WEEK

1

BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS EARLY CHILDHOOD EDUCATION



MONDAY
Aug 29

TUESDAY
Aug 30

WEDNESDAY
Aug 31

THURSDAY
Sept 1

FRIDAY
Sept 2

BREAKFAST

Apple Cinnamon Muffin V	Egg & Cheese Flatbread Sandwich V	Turkey Sausage Breakfast Pizza	Pancakes with Syrup VE	Ultra Banana Bread V
Fresh Banana	Fresh Apple Slices	Orange Smiles	Fresh Nectarine	Applesauce

Daily offerings include assorted cereal bowls served with graham cracker.
All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich.
V denotes vegetarian choices (including milk and eggs) and **VE** denotes vegan choices.
Locally Sourced items noted in **green**. This menu is subject to change and based upon product availability.

LUNCH

Grilled Chicken Sandwich	Spaghetti & Meat Sauce	Cheeseburger	Sweet & Sour Vegetables VE with Grilled Chicken Dippers with Ponzu Sauce	Cheese Pizza V
Veggie Burger V	Sunbutter & Jelly V	Bean & Cheese Nachos V	Baked Tofu VE	Garden Burger V
Fresh Apple Slices	Applesauce	Kiwi Fruit	Veggie Fried Rice	Mixed Fruit Salad
Seasoned Potato Wedges	Parmesan Green Beans	Roasted Broccoli & Carrots	Mandarin Oranges	Sweet Potato Wedges

All meals include choice of unflavored low-fat or skim. All grain products are whole grain rich.
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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS EARLY CHILDHOOD EDUCATION



MONDAY
Sept 5

TUESDAY
Sept 6

WEDNESDAY
Sept 7

THURSDAY
Sept 8

FRIDAY
Sept 9

BREAKFAST

Breakfast Taco Roll	French Toast Sticks VE with Syrup	American Breakfast Sandwich	Maple Madness Mini Waffles V	Apple Cinnamon Muffin V
Fresh Blueberries	Baked Cinnamon Apples	Orange Smiles	Fresh Banana	Strawberries

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LUNCH

Southwest Chicken Sandwich	Glorious Macaroni & Cheese V with Garlic Knot V	Cheese Pizza V	Jambalaya with dinner roll	Mediterranean Flatbread V
Black Bean & Sweet Potato Quesadilla V	Chicken & Veggie Potstickers	BBQ Sloppy Joe VE	Veggie Tortellini V with Cheesy Breadstick V	Tuna Salad Sandwich
Diced Pears	Mandarin Oranges	Mixed Fruit Salad	Baked Cinnamon Apples	Banana
Seasoned Black Beans	Citrus Glazed Carrots	Parmesan Green Beans	Sweet Plantains	Coleslaw

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MONDAY
Sept 12

TUESDAY
Sept 13

WEDNESDAY
Sept 14

THURSDAY
Sept 15

FRIDAY
Sept 16

BREAKFAST

Ultra Berry Bread **V**

Cheese & Egg
Breakfast Burrito **V**
with Green Chili Salsa

Banana Muffin **V**

Plain Bagel **V**
With Cream Cheese

Strawberry Banana
Bash Yogurt **V**

Diced Peaches

Orange Smiles

Fresh Blueberries

Mandarin Oranges

Diced Pears

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LUNCH

Tandoori Chicken

Jamaican Jerk
Chicken
With Brown Rice

Cheese Pizza **V**

Teriyaki Chicken &
Rice Bowl

Beef Enchilada

Lentil Dal **VE**

Gardenburger **V**

Alaskan Pollock Banh
Mi

Veggie Pizza **V**

Sun Butter & Jelly
Sandwich **VE**

Flatbread **V**

Jamaican Jerk Lentils
V

Orange Wedges

Teriyaki Vegetables

Mexican Roasted
Sweet Potatoes **V**

Aloo Palak (Indian
Potatoes & Spinach)

Banana

Roasted Broccoli &
Carrots

Fresh Blueberries

Mixed Fruit Salad

Kiwi Fruit

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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS EARLY CHILDHOOD EDUCATION



MONDAY
Sept 19

TUESDAY
Sept 20

WEDNESDAY
Sept 21

THURSDAY
Sept 22

FRIDAY
Sept 23

BREAKFAST

Cinnamon French Toast Bites V	Turkey Sausage Breakfast Pizza	Chocolate Chip Muffin V	Turkey Sausage Biscuit Breakfast Sandwich	Hearty Oatmeal VE With Fruit Topping
Fresh Banana	Mandarin Oranges	Strawberries	Kiwi Fruit	Fresh Blueberries

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LUNCH

Veggie Pizza V	Meatloaf With Cheese	Bean & Cheese de Chile Relleno Burrito V	Butter Chicken with Brown Rice	Garden Veggie Wrap VE
Chicken Parmesan Pasta With Garlic Knot	Rainbow Chili VE	Veggie Tortellini V With Cheesy Breadstick V	Grecian Style Flatbread V	Chicken Salad Sandwich
Seasoned Black Beans	Dinner Roll VE	Sweet Plantains	Roasted Broccoli & Carrots	Collard Greens
Diced Pears	Garlic Mashed Potatoes	Fresh Tangerine	Fresh Apple Slices	Applesauce
	Fresh Blueberries			

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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS EARLY CHILDHOOD EDUCATION



MONDAY
Sept 26

TUESDAY
Sept 27

WEDNESDAY
Sept 28

THURSDAY
Sept 29

FRIDAY
Sept 30

BREAKFAST

Southwestern
Scrambled Eggs **V**
With Toast

Banana Muffin **V**

Mini Blueberry
Waffles **V**

French Toast Sticks
VE with Syrup

Ultra Berry Bread **V**

Fresh Apple Slices

Strawberries

Orange Smiles

Baked Cinnamon
Apples

Fresh Banana

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LUNCH

Hamburger

Chicken Parmesan
Pasta
With Garlic Knot

BBQ Chicken
Sandwich

Buffalo Chicken
Pizza

BBQ Mac & Cheese **V**

Bean & Cheese
Nachos **V**

BBQ Sloppy Joe **VE**

Classic Hummus
Box **VE**

Veggie Burger **V**

Spinach Salad **V**
With Ranch Dressing

Sweet Plantains

Parmesan Green
Beans

Garlic Mashed
Potatoes

Seasoned Potato
Wedges

Parmesan Green
Beans

Kiwi Fruit

Banana

Applesauce

Mandarin Oranges

Mixed Fruit Salad

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