

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Vegan brioche bread, fresh fruit</p>	<p>AM Snack: Whole wheat English muffin, cinnamon spread, milk</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Oatmeal raisin bar, milk</p> <p>PM Snack: Fresh fruit, whole grain sundried tomato & basil wheat thins</p>	<p>AM Snack: Whole grain gluten free cereal, milk</p> <p>PM Snack: Vegan apple & date oatmeal cookie, unsweetened apple sauce</p>	<p>AM Snack: Whole grain cranberry bread, mixed berry pomegranate apple 100% fruit puree, milk</p> <p>PM Snack: Fresh carrots, multigrain pita crackers</p>
WEEK 2	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Tomato & basil bruschetta, garlic naan</p>	<p>AM Snack: Waffles, peach twist 100% fruit puree, milk</p> <p>PM Snack: Fresh fruit, whole grain triscuit minis</p>	<p>AM Snack: Yogurt, fresh fruit, milk</p> <p>PM Snack: Whole grain banana cocoa loaf, strawberry apple 100% fruit puree</p>	<p>AM Snack: Marble cheese, cracked wheat crackers, milk</p> <p>PM Snack: Fresh vegetables, pretzel bites</p>	<p>AM Snack: Whole grain vegan lemon raspberry muffin hat, blueberry apple 100% fruit puree, milk</p> <p>PM Snack: Gingerbread oat bar, fresh fruit</p>
WEEK 3	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Vegan brioche bread, fresh fruit</p>	<p>AM Snack: Whole wheat english muffin, cinnamon spread, milk</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Blueberry oat bar, milk</p> <p>PM Snack: Fresh fruit, spice snaps</p>	<p>AM Snack: Whole grain gluten free cereal, milk</p> <p>PM Snack: Vegan apple & date oatmeal cookie, unsweetened applesauce</p>	<p>AM Snack: Raisin bread, pear & apple 100% fruit puree, milk</p> <p>PM Snack: Fresh carrots, original cracker rounds</p>
WEEK 4	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Black olive & tomato bruschetta, whole wheat naan</p>	<p>AM Snack: Waffles, raspberry crumble and apple 100% fruit puree, milk</p> <p>PM Snack: Fresh fruit, whole grain autumn harvest crackers</p>	<p>AM Snack: Yogurt, fresh fruit, milk</p> <p>PM Snack: Whole grain carrot spice loaf, apple cinnamon 100% fruit puree</p>	<p>AM Snack: Marble cheese, cracked wheat crackers, milk</p> <p>PM Snack: Fresh vegetables, pretzel bites</p>	<p>AM Snack: Whole grain vegan lemon blueberry muffin hats, strawberry apple 100% fruit puree</p> <p>PM Snack: FUN FRIDAY! See posting for special menu!</p>



*Indicates dark green and/or dark orange vegetable offered daily.

Water is available at all times.

Fresh fruit may vary depending on the season, please refer to daily substitution summary for fresh fruit/changes.

Menu approved by a registered Dietician.