



## WINTER MENU 2025 - 2026

Weeks of: December 8<sup>th</sup>, January 5<sup>th</sup>, February 2<sup>nd</sup>, March 2<sup>nd</sup> & 30<sup>th</sup>, April 27<sup>th</sup>

### Preschool - School Age No Whole Egg Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Tri Colour Cheese Tortellini with Rose Lentil Sauce *Spring Mix Salad with Carrots Fresh Fruit	Whole Grain Blueberry Oat Bun Fresh Fruit
<b>TUESDAY</b>	Waffles Chunky Tropical 100% Fruit Puree	Baked Turkey Burger Whole Wheat Bun Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit	Winter Bean Salsa Multigrain Pita Crisps
<b>WEDNESDAY</b>	Yogurt Fresh Fruit	Hawaiian Chicken (*bell pepper strips, *broccoli, chicken, onions, pineapple, *zucchini) Brown Rice Fresh Fruit	Fresh Fruit Roasted Red Pepper Cracker
<b>THURSDAY</b>	Marble Cheese Slice Cracked Wheat Crackers	Pumpkin Alphabet Soup (alphabet pasta, carrots, coconut, kidney beans, onions,*peas, pumpkin) Light Rye Bread Fresh Fruit	Whole Grain Banana Oat Loaf Strawberry Apple 100% Fruit Puree
<b>FRIDAY</b>	Whole Grain Apple Granola Rounds Fresh Fruit	Baked Fish Wedge Barley Vegetable Risotto (barley, *broccoli, corn, mushrooms, onions) Fresh Fruit	Fresh Vegetables Poppy Seed & Cream Cheese Bagel Bite

**Milk and/or Water are served with lunch and snacks**

- \* Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



## WINTER MENU 2025 - 2026

Weeks of: December 15<sup>th</sup>, January 12<sup>th</sup>, February 9<sup>th</sup>, March 9<sup>th</sup>, April 6<sup>th</sup>

### Preschool - School Age No Whole Egg Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Pumpkin White Bean Mac & Cheese *Green Salad Fresh Fruit	Whole Wheat Naan Plant Based Herb and Garlic Cream Cheeze
<b>TUESDAY</b>	Whole Grain Blueberry Scone Dragon Fruit & Apple 100% Fruit Puree	Chicken Lo Mein (*broccoli, cabbage, carrots, chicken, cauliflower) Chow Mein Noodles Fresh Fruit	Yogurt Multigrain Trail Mix
<b>WEDNESDAY</b>	Vegan Brioche Plant Based Apple Pie Spread	Italian Meatball Soup (acini de pepe, celery, mini meatballs, onions, *peas, tomatoes) Whole Wheat Bread Fresh Fruit	Fresh Fruit Spice Snaps
<b>THURSDAY</b>	Yogurt Fresh Fruit	Creamy Coconut Chickpea Curry (*bell pepper strips, *broccoli, carrots, chickpeas, onions, sweet potato) Brown Rice Fresh Fruit	Fresh Carrots Pizza Square
<b>FRIDAY</b>	Raisin Oatmeal Bar	Chicken Drop Soup (carrots, chicken, *leeks, orzo pasta) 9 Grain Bread Fresh Fruit	Whole Grain Lemon Cookie Chia Charged Mixed Berry 100% Fruit Puree

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## WINTER MENU 2025 - 2026

Weeks of: December 22<sup>nd</sup>, January 19<sup>th</sup>, February 17<sup>th</sup>, March 16<sup>th</sup>, April 13<sup>th</sup>

### Preschool - School Age No Whole Egg Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Turkey Meatballs with Tomato Sauce Vegetable Pasta *Spring Mix Salad Fresh Fruit	Whole Grain Apple Cinnamon Bun Fresh Fruit
<b>TUESDAY</b>	Waffles Chunky Peachy Tropical 100% Fruit Puree	Yummy Chicken Noodle Soup (celery, diced carrots, chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Home-Style Bread Fresh Fruit	Zesty Salsa Multigrain Pita Crisps
<b>WEDNESDAY</b>	Yogurt Fresh Fruit	Veggie Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, tomatoes) *Spring Mix Salad with Carrots & Purple Cabbage Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Basil Crackers
<b>THURSDAY</b>	Marble Cheese Slice Multigrain Crackers	Baked Haddock and Cod Fish Cakes Garden Vegetable Rice (brown rice, corn, onions, *spinach, squash) Fresh Fruit	Whole Grain Carrot & Pineapple Loaf Pear & Apple 100% Fruit Puree
<b>FRIDAY</b>	Whole Grain Banana Granola Rounds Fresh Fruit	Portuguese Beef Stew Jardineira (beef cubes extra lean, w.w. elbow pasta, *green romano beans, kidney beans, orange/yellow carrots, peas, potatoes) Fresh Fruit	Fresh Vegetables Poppy Seed & Cream Cheese Bagel Bite

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## WINTER MENU 2025 - 2026

Weeks of: December 29<sup>th</sup>, January 26<sup>th</sup>, February 23<sup>rd</sup>, March 23<sup>rd</sup>, April 20<sup>th</sup>

### Preschool - School Age No Whole Egg Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Butter Chicken (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, squash) Couscous Fresh Fruit	Yummy Marinara Spread Garlic Naan
<b>TUESDAY</b>	Whole Grain Cranberry Orange Scone Papaya & Apple 100% Fruit Puree	Yummy Broccoli Lentil Soup (*broccoli, celery, lentils, onions, potatoes) "Out of the Oven" Baguette Fresh Fruit	Yogurt Multigrain Trail Mix
<b>WEDNESDAY</b>	Vegan Brioche Plant Based Apple Pie Cream Cheeze	Harvest Sun Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Triscuit Thins
<b>THURSDAY</b>	Yogurt Fresh Fruit	Baked Extra Lean Beef Burger Whole Wheat Artisan Bun *Broccoli & Cauliflower Fresh Fruit	Fresh Carrots Veggie Pizza Square
<b>FRIDAY</b>	Blueberry Oatmeal Bar	Fiesta Chicken Casserole (*bell pepper strips, bow tie pasta, cabbage, carrots, chicken, onions) Fresh Fruit	Vegan Oatmeal Date Cookie Apple Raspberry Chia 100% Fruit Puree

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