

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Multigrain chia crisps, corn salsa</p>	<p>AM Snack: Whole wheat English muffin, strawberry fruit spread, milk</p> <p>PM Snack: Fresh fruit, whole grain garlic parmesan Triscuit thins</p>	<p>AM Snack: Whole grain cheese stuffed bagel bites, fresh fruit, milk</p> <p>PM Snack: Whole grain lemon chia loaf, peach twist, 100% fruit puree</p>	<p>AM Snack: Coconut oatmeal bar, milk</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Hard boiled egg, everything morning crackers, milk</p> <p>PM Snack: Blueberry oat bun, fresh fruit</p>
WEEK 2	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Whole wheat mini pita, chunky chickpea salad</p>	<p>AM Snack: Raisin bread, pear & apple 100% fruit puree, milk</p> <p>PM Snack: Fresh fruit, whole grain strawberry bite crackers</p>	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Vegan oatmeal date cookie, unsweetened apple sauce</p>	<p>AM Snack: Carrot bran muffin hat, tropical 100% fruit puree, milk</p> <p>PM Snack: Croissants, fresh fruit</p>	<p>AM Snack: Yogurt, fresh fruit, milk</p> <p>PM Snack: Whole grain margherita pizza bites, fresh vegetables</p>
WEEK 3	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Multigrain chia crisps, corn salsa</p>	<p>AM Snack: Whole wheat English muffin, strawberry fruit spread, milk</p> <p>PM Snack: Fresh fruit, spice snaps</p>	<p>AM Snack: Whole grain cheese stuffed bagel bites, fresh fruit, milk</p> <p>PM Snack: Whole grain vegan triple berry loaf, mango, strawberry, apple 100% fruit puree</p>	<p>AM Snack: Blueberry oatmeal bar, milk</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Egg salad, everything morning crackers, milk</p> <p>PM Snack: Apple oat bun, fresh fruit</p>
WEEK 4	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Whole wheat mini pita, roasted corn, hummus</p>	<p>AM Snack: Raisin bread, pear & apple 100% fruit puree, milk</p> <p>PM Snack: Fresh fruit, multigrain crackers</p>	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Vegan oatmeal date cookie, unsweetened apple sauce</p>	<p>AM Snack: Whole grain vegan banana muffin hat, strawberry, apple, 100% fruit puree, milk</p> <p>PM Snack: Croissants, fresh fruit</p>	<p>AM Snack: Yogurt, fresh fruit, milk</p> <p>PM Snack: Whole grain margherita pizza bites, fresh vegetables</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.