

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Garlic breadstick, Yummy tomato & bean marinara</p>	<p>AM Snack: Whole wheat English muffin, cinnamon spread</p> <p>PM Snack: Fresh fruit, whole grain parmesan Triscuits</p>	<p>AM Snack: Apple cinnamon cereal mix, diced *melon, milk</p> <p>PM Snack: Whole grain orange and zucchini loaf, 100% pear & apple fruit puree</p>	<p>AM Snack: Yummy egg salad, cracked wheat crackers</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Whole grain vegan lemon chia muffin hat, 100% strawberry, mango, apple fruit puree</p> <p>PM Snack: Fresh vegetables, onion bun</p>
WEEK 2	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Blueberry oat bun, fresh fruit</p>	<p>AM Snack: Waffles, 100% apple & maple fruit puree</p> <p>PM Snack: Fruit * veg salsa, multigrain pita crackers</p>	<p>AM Snack: Banana oatmeal bar</p> <p>PM Snack: Fresh fruit, whole grain spice snaps</p>	<p>AM Snack: Vegan brioche bread, 100% peach & apple fruit puree</p> <p>PM Snack: Whole grain cheese bites, *fresh carrots</p>	<p>AM Snack: Yogurt, fresh fruit</p> <p>PM Snack: Vegan Apple & Date oatmeal cookie, unsweetened applesauce</p>
WEEK 3	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Garlic breadstick, chunky chickpea salad</p>	<p>AM Snack: Whole wheat English muffin, cinnamon spread</p> <p>PM Snack: Fresh fruit, whole grain garden veggie bites</p>	<p>AM Snack: Apple cinnamon cereal mix, diced *melon, milk</p> <p>PM Snack: Whole grain mixed berry loaf, 100% raspberry & apple fruit puree</p>	<p>AM Snack: Hard boiled egg, cracked wheat crackers</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Whole grain vegan banana & oat muffin hat, 100% tropical fruit puree</p> <p>PM Snack: Fresh vegetables, onion bun</p>
WEEK 4	<p>AM Snack: Whole grain cereal, milk</p> <p>PM Snack: Apple oat bun, fresh fruit</p>	<p>AM Snack: Waffles, raspberry crumble and apple 100% fruit puree</p> <p>PM Snack: Fruit & veg salsa, multigrain pita crackers</p>	<p>AM Snack: Blueberry oatmeal bar</p> <p>PM Snack: Fresh fruit, multigrain wheat thins</p>	<p>AM Snack: Vegan brioche bread, 100% passion fruit blend puree</p> <p>PM Snack: Whole grain cheese bites, *fresh carrots</p>	<p>AM Snack: Yogurt, fresh fruit</p> <p>PM Snack: Vegan apple & date oatmeal cookie, unsweetened applesauce</p>

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

Water is available at all times. Milk is served with lunch and snacks.

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

Menu approved by a registered Dietician.

