

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack: Whole Grain Cereal, Fresh Fruit, Milk Lunch: Hawaiian Chicken (*bell pepper strips, *broccoli, chicken, onions, pineapple, *zucchini), Coconut Brown Rice, Fresh Fruit PM Snack: Whole Grain Apple Cinnamon Raisin Round, Fresh Fruit	AM Snack: Whole Grain Blueberry Scones, Apple & Papaya 100% Fruit Puree Lunch: Extra Lean Ground Beef Meatballs with Pasta and Tomato Sauce, *Green and Yellow Beans, Fresh Fruit PM Snack: Whole Grain Zucchini, Carrot & Feta Swirls, Steamed Vegetables	AM Snack: Vegan Brioche Bread, Raspberry Spread Lunch: Yummy Corn Chowder (cauliflower, *carrots, celery, corn, *leeks, potatoes, white beans) Whole Wheat Naan Bread, Garlic Dairy Free Spread, Fresh Fruit PM Snack: Whole Grain Sundried Tomato Basil Crackers, Fresh Fruit	AM Snack: Yogurt, Fresh Fruit Lunch: Cheesy Chicken and Vegetable Barley Risotto (barley, *broccoli, cauliflower, chicken breast), Fresh Fruit PM Snack: Whole Grain Carrot Spice Loaf, Apple & Pear 100% Fruit Puree	AM Snack: Marble Cheese Slice, Cracked Wheat Crackers Lunch: Veggie Bean Bolognese with Pasta, *Green Peas and Carrots, Fresh Fruit PM Snack: Dragon Fruit & Strawberry Anytime Morning Oats, Fresh Fruit
WEEK 2	AM Snack: Whole Grain Cereal, Fresh Fruit, Milk Lunch: Fiesta Chicken & Veggie Casserole (*bell peppers, cabbage, *carrots, chicken, chow mein noodles, onions), Fresh Fruit PM Snack: Yummy Garlic Hummus, Whole Grain Crackers	AM Snack: Waffles, Raspberry and Apple 100% Fruit Puree Lunch: Baked Extra Lean Ground Beef with Mashed Potatoes & Gravy, Whole Wheat Homestyle Bun, Mixed Vegetables (*carrots, *green & yellow beans), Fresh Fruit PM Snack: Yogurt, Multigrain Trail Mix	AM Snack: Whole Grain Bagel Cheese Bite, Fresh Fruit Lunch: Harvest Sun Cheese & Spinach Stuffed Medallions with Creamy Garlic Bean Sauce, *Broccoli and Cauliflower, Fresh Fruit PM Snack: Whole Grain Spice Snaps, Fresh Fruit	AM Snack: Coconut Oatmeal Bar Lunch: Chickpea Vegetable Soup (*carrots, celery, chickpeas, *green peas, onions, potatoes), 9 Grain Bread, Roasted Red Pepper Dairy Free Spread, Fresh Fruit PM Snack: Vegan Whole Grain Lemon Cookie, Blueberry & Apple 100% Fruit Puree	AM Snack: Yogurt, Fresh Fruit Lunch: Baked Chicken with Brown Rice and Tomato Sauce, *Green Peas and Corn, Fresh Fruit PM Snack: Whole Grain Pull-Apart Garlic Bun, Steamed Carrots
WEEK 3	AM Snack: Whole Grain Cereal, Fresh Fruit, Milk Lunch: Veggie Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes), *Green and Yellow Beans, Fresh Fruit PM Snack: Whole Grain Blueberry Round, Fresh Fruit	AM Snack: Whole Grain Orange Cranberry Scones, Peach and Apple 100% Fruit Puree Lunch: Creamy Broccoli Lentil Soup (*broccoli, celery, lentils, onions, potatoes), Light Rye Bread, Dairy Free Spread, Fresh Fruit PM Snack: Whole Grain Mini Pizza Swirls, Steamed Vegetables	AM Snack: Vegan Brioche Bread, Strawberry Spread Lunch: Baked Chicken Teriyaki, Garden Vegetable Rice (brown rice, chicken, *green/red peppers, *kale, onions, *squash), Fresh Fruit PM Snack: Whole Grain Cracker Bites, Fresh Fruit	AM Snack: Yogurt, Fresh Fruit Lunch: Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach), *Diced Carrots, Fresh Fruit PM Snack: Whole Grain Strawberry Banana Loaf, Dragon Fruit & Apple 100% Fruit Puree	AM Snack: Marble Cheese Slice, Autumn Harvest Crackers Lunch: Italian Chickpea Soup (*carrots, celery, chickpea, onions, orzo pasta, *peas, tomatoes), Whole Wheat Baguette, Garlic Dairy Free Spread, Fresh Fruit PM Snack: Raspberry Crumble Anytime Morning Oats, Fresh Fruit
WEEK 4	AM Snack: Whole Grain Cereal, Fresh Fruit, Milk Lunch: Butter Chicken and Vegetables with Couscous (cauliflower, chicken, couscous, *mixed bell pepper strips, onions, *peas, *squash), Fresh Fruit PM Snack: Tanty Twist Hummus, Whole Grain Crackers	AM Snack: Waffles, Blueberry and Apple 100% Fruit Puree Lunch: Beef & Veggie Chili (black beans, *carrots, celery, corn, extra lean ground beef, *green/red peppers, onions, pinto beans), Brown Rice, Fresh Fruit PM Snack: Yogurt, Multigrain Trail Mix	AM Snack: Whole Grain Bagel Cheese Bite, Fresh Fruit Lunch: Tri Colour Cheese Tortellini with Rose Bean Sauce, *Green and Yellow Beans, Fresh Fruit PM Snack: Whole Grain Roasted Garlic Triscuts, Fresh Fruit	AM Snack: Blueberry Oatmeal Bar Lunch: Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes), Whole Wheat Homestyle Bread, Dill Dairy Free Spread, Fresh Fruit PM Snack: Vegan Oatmeal Date Cookie, Unsweetened Applesauce	AM Snack: Yogurt, Fresh Fruit Lunch: Creamy Tangy Chicken Pasta (*broccoli, cauliflower, chicken, onions, *orange/yellow carrots, penne pasta, *romano green beans), Fresh Fruit PM Snack: Whole Grain Pull-Apart Garlic Bun, Fresh Carrots



*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.