

April 1-5, April 29-May 3, May 27-31, June 24-28 //

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Shreddies with Applesauce	Raisin Bread & Fruit	Berry Yogurt Parfait	Digestive Cookies & Fruit	Apple Slices & Vanilla Yogurt Dip
Lunch (includes fruit & 2% milk)	Mac & Cheese with Squash	Baked Chicken Nuggets with Hash Browns & Carrot Coins	BBQ Beef Meatballs with Mashed Potato & Corn Niblets	Chicken Vegetable Fried Rice	Grilled Cheese Sandwich on WW Bread Steamed Edamame (cold)
Afternoon Snack	Arrowroot Cookies & Fruit	Melba Toast & Cheese	Muffin & Fruit	Spinach Dip & Veggies	Trail Mix & Fruit
Veg Lunch Option (includes eggs & dairy)	-	Baked Veggie Fingers with Hash Browns & Carrot Coins	BBQ Veggie Balls with Mashed Potato & Corn Niblets	Tofu Vegetable Fried Rice	-

WG = Whole grain, WW = Whole Wheat, MG = Multigrain

Fruit = Fruit will vary day to day, based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Assorted veggies = Veggies/veggie sticks vary day to day, based on availability/seasonality. Veggies provided can be fresh, canned or frozen. Veggie choices may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc.

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April 8-12, May 6-10, June 3-7

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Cheerios & Applesauce	Yogurt Tube & Fruit	Snacking Pita & WOW Butter	Scone & Fruit	Yogurt Cup & Granola
Lunch (includes fruit & 2% milk)	Cheese Ravioli in Tomato Sauce with Veggies	Honey Garlic Chicken with Steamed Basmati Rice & Carrots	Beef Stew with Mashed Potatoes & Veggies	Cheese & Potato Perogies with Edamame	Baked Chicken Fingers, Potato Wedges & Veggies
Afternoon Snack	Oatmeal Cookie & Fruit	Cheese & Crackers	Nachos & Salsa*	Herb Yogurt Dip & Veggies	Brioche & Creamcheese
Veg Lunch Option (includes eggs & dairy)	-	Honey Garlic Tofu with Steamed Basmati Rice & Carrots	Bean Stew with Mashed Potatoes & Veggies	-	Baked Veggie Fingers, Potato Wedges & Veggies

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April 15-19, May 13-17, June 10-14

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Shreddies with Applesauce	Digestive Cookies & Fruit	Berry Yogurt Parfait	Raisin Bread & Fruit	Apple Slices & Vanilla Yogurt Dip
Lunch (includes fruit & 2% milk)	Mac & Cheese with Squash	BBQ Chicken with Mashed Potato & Corn	Spaghetti with Meat Sauce & Spinach	Fish Bites with Rice Pilaf (carrots & edamame)	Turkey & Cheese Sandwich on whole wheat bread Coleslaw
Afternoon Snack	Arrowroot Cookies & Fruit	Melba Toast & Cheese	Trail Mix & Fruit	Spinach Dip & Veggies	Muffin & Fruit
Veg Lunch Option (includes eggs & dairy)	-	BBQ Veggie balls with Mashed Potato & Corn	Spaghetti with Tomato Sauce, Minced Soy & Spinach	Blackbean Quinoa Bites with Rice Pilaf (carrots & edamame)	Roast Tofu with Buttery Pasta & Green Peas

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April 22-26, May 20-24, June 17-21

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Cheerios & Applesauce	Yogurt Tube & Fruit	Snacking Pita & WOW Butter	Scone & Fruit	Yogurt Cup & Granola
Lunch (includes fruit & 2% milk)	Buttery Parmesan Pasta with Corn & Edamame	Baked Chicken Fingers with Rice Pilaf (peas & carrots)	Meatballs with Mashed Potato, Gravy & Corn	Chicken Veggie Noodle Stirfry	Sweet & Sour Chicken with Carrots & Steamed Basmati Rice
Afternoon Snack	Oatmeal Cookie with Fruit	Nachos & Salsa*	Cheese & Crackers	Herb Yogurt Dip & Veggies	Brioche & Creamcheese
Veg Lunch Option (includes eggs & dairy)	-	Baked Veggie Fingers with Rice Pilaf (peas & carrots)	Veggie Balls with Mashed Potato, Gravy & Corn	Tofu Veggie Noodle Stirfry	Sweet & Sour Tofu with Carrots & Steamed Basmati Rice

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