

Sample Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Waffles Tortellini	4 Oatmeal w/ berries Mac and Cheese	5 French Toast Sticks Chicken nuggets w/ rice & carrots	6 Bagels Grilled Cheese Sandwich w/ tomatoes	7 Scrambled eggs w/ tater tots & toast Chicken cutlets w/ corn
10 Corn muffins Chicken Nuggets w/ French fries	11 Pancakes Peanut butter & jelly	12 Cheerios w/ berries Bagels with cream cheese or tuna	13 Waffles Penne w/ meatballs	14 Oatmeal w/ berries Cheese or chicken quesadilla w/ rice & carrots
17 Waffles Penne w/ meatballs	18 French Toast Sticks Tortellini	19 Bagels Mac and Cheese	20 Scrambled eggs w/ tater tots & toast Chicken nuggets w/ rice & carrots	21 Corn muffins Grilled Cheese Sandwich w/ tomatoes
24 Pancakes Chicken cutlets w/ corn	25 Cheerios w/ berries Chicken Nuggets w/ French fries	26 Waffles Peanut butter & jelly	27 Oatmeal with berries Bagels with cream cheese or tuna	28 French Toast Sticks Penne w/ meatballs

Fat free milk for children over 2 and whole milk for children under 2 is served at breakfast and lunch. Fresh seasonal fruit is served at breakfast and a vegetable and fresh seasonal fruit is served at lunch.

Healthy cereals are also available as a breakfast substitute and pasta is available as a lunch substitute.