

Menu of the Week

	AM SNACK	LUNCH	PM SNACK
MONDAY	Whole grain cereal + banana	Plant based grilled cheese sandwich w tomato soup dip + side black beans & carrots	Pretzels + apple slices
TUESDAY	Oat milk yogurt w granola + berries	Rice & beans w smoked tempeh "bacon" + side loose corn	Cinnamon crackers + banana
WEDNESDAY	Whole grain cereal + banana	Pasta w veggie meat balls + side black beans & carrots	Whole grain cracker (spreads available)+ apple slices
THURSDAY	Toast w seed butter jelly + banana	No heat veggie chili w corn bread or roll + side cucumbers	Pretzels + orange smiles
FRIDAY	Whole grain cereal + berries	Seed butter & jelly sandwich w tater tots + side cucumbers & carrots	Cinnamon cracker + apple slices

\*OAT MILK AND WATER ALWAYS AVAILABLE

Week 1

Menu of the Week

	AM SNACK	LUNCH	PM SNACK
MONDAY	Whole grain cereal + fruit	Butter noodles w veggie protein meat balls + side carrots	Pretzels + orange smiles
TUESDAY	Hash brown + fruit smoothie	Plant based grilled cheese sandwich w tomato soup dip + side cucumber	Cinnamon crackers + banana
WEDNESDAY	Whole grain cereal + banana	Bean burrito rolls or triangles w + side carrots	Whole grain cracker (spreads available)+ apple slices
THURSDAY	Toast w seed butter jelly or plant butter + fruit	Seed butter & jelly sandwich w tater tots + side broccoli	Pretzels + orange smiles
FRIDAY	Whole grain cereal + fruit	Fun Friday – Pizza! + side veggies	Cinnamon cracker + apple slices

\*OAT MILK AND WATER ALWAYS AVAILABLE

Week 2

Menu of the Week

	AM SNACK	LUNCH	PM SNACK
MONDAY	Nondairy yogurt + granola & fruit	Plant cheese quesadilla + rice & cucumber	Cinnamon cracker + banana
TUESDAY	Whole grain cereal + fruit	Bean burrito rolls or + rice & side carrots	Flax tortilla chips + guacamole
WEDNESDAY	Whole grain cereal + banana	Seed butter & jelly sandwich w tater tots + side broccoli	Pretzels + orange smiles
THURSDAY	Toast w seed butter jelly or plant butter + fruit smoothie	Butter noodles w veggie protein meat balls + side carrots	Whole grain cracker (spreads available)+ apple slices
FRIDAY	Whole grain cereal + fruit	Fun Friday – Pizza! + side veggies	Cinnamon cracker + apple slices

\*OAT MILK AND WATER ALWAYS AVAILABLE

Week 3

Menu of the Week

	AM SNACK	LUNCH	PM SNACK
MONDAY	Whole grain cereal + banana	Seed butter & jelly sandwich w tater tots + side broccoli	Pretzels + orange smiles
TUESDAY	Nondairy yogurt + granola & fruit	Plant cheese quesadilla + rice & cucumber	Cinnamon cracker + banana
WEDNESDAY	Toast w seed butter jelly or plant butter + fruit smoothie	Butter noodles w veggie protein meat balls + side carrots	Whole grain cracker (spreads available)+ apple slices
THURSDAY	Whole grain cereal + banana	Seed butter & jelly sandwich w tater tots + side veggies	Pretzels + orange smiles
FRIDAY	Whole grain cereal + fruit	Fun Friday – Pizza! + side veggies	Cinnamon cracker + apple slices

\*OAT MILK AND WATER ALWAYS AVAILABLE

Week 4