

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Turkey Breast with Pan Gravy Garlic Mashed Potatoes Corn Spears  Graham Wafers with Cream Cheese and Granny Smith Apples	Cheesy Bean Noodle Casserole Greek Salad Dinner Rolls  Zucchini Loaf	Baked Cod Nuggets Vegetable Fried Rice Yellow Wax Beans  Ritz Crackers and Wowbutter with Golden Pineapple Chunks	Beef Meatloaf Oven Roasted Potato Wedges Maple Glazed Carrot Coins  Cheesy Garlic Fingers	Chicken Parmesan Basil Spaghetti Steamed Broccoli  Yogurt with Granola and Blueberries
Hearty Minestrone Soup with Rice Baked Cheddar Panini  Cereal Trail Mix with Mandarin Wedges and Yogurt	Beef Bolognese Spaghetti Roasted Zucchini  Baked Spring Rolls with Plum Sauce	Turkey Schnitzel with Sautéed Mushrooms Herbed Penne Steamed Cauliflower  Cucumber Slices with Hummus and Pretzels	Honey Garlic Chicken Thighs Steamed Brown Rice Petite Peas  Cantaloupe with Cheese Slices and Assorted Crackers	Breaded Haddock Couscous Sunrise Vegetable Blend  Toasted Naan Bites with Red Pepper Spread
Breaded Sole Fingers Fried Rice California Mix Vegetables  Oven Baked Focaccia with Herb and Garlic Spread	Chicken Filets Sweet Potatoes Cucumber Slices with Honey Mustard Dip  Yogurt with Ginger Snaps	Baked Beef Casserole Broccoli Florets Dinner Rolls  Nachos with Queso and Salsa	Turkey Sausages Vegetable Risotto Maple Glazed Carrots  Cheddar Bruschetta	Bowtie Primavera Warm Pita Wedges Caesar Salad  Cereal Trail Mix with Sliced Peaches
Shepherd's Pie Garlic Mashed Potatoes Cauliflower  Cucumber and Red Pepper Slices with Ranch Dip and Multigrain SunChips	Turkey Thighs Steamed Brown Rice Green Beans  Pizza Bites	Rainbow Tortellini with Vegetable Bean Bolognese Warmed Garlic Baguette  Seedless Grapes with Cheese Cubes and Crackers	Baked Salmon Bites Shredded Hash Browns Oriental Blend Vegetables  Yogurt with Mixed Berries and Digestive Cookies	Cream of Chicken Soup Goldfish Crackers Cucumber Slices  Perogies with Sour Cream

## Semester 1 Menu

September 5 - December 29

Daily Continental Breakfast may consist of the following:

- waffles
- oatmeal
- whole wheat toast
- assorted muffins
- multigrain bagels
- whole wheat English muffins
- assorted cereals
- yogurt
- fresh fruit salad
- multigrain cereal bars

Fresh fruit and water are provided for all age groups throughout the entire day.

Menu adaptations are based on individual age groups.

### DID YOU KNOW...?

*Honey is the only edible food for humans that doesn't go bad. Also, it takes 12 honeybees to produce one tablespoon of honey.*

