

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage Potato Wedges Herbed Baby Carrots	Spinach Lasagna Baguette Caesar Salad	Fish Sticks Mushroom Risotto California Blend Vegetables	Meatloaf with Gravy Crispy Hash Browns Peas	Chicken Noodle Soup Whole Wheat Crackers Cucumber Slices with Ranch Dip
Applesauce and Arrowroot Cookies	Seedless Grapes with Cheese Slices and Ritz Crackers	Graham Wafers with Cream Cheese	Mandarins and Granola Yogurt Parfaits	Parmesan Focaccia with Warm Marinara
Breaded Haddock Steamed Brown Rice Scandinavian Mixed Vegetables	3 Cheese Casserole Roasted Zucchini	Turkey Pot Pie Tossed Salad Rolls	Teriyaki Chicken Asian Rice Corn	Italian Beef Meatballs Spaghetti Green Beans
Granola Bars with Apple Wedges	Baked Spring Rolls with Plum Sauce	Vegetable Platter with Ranch Dip and Sun Chips	Peaches with Cereal Rice Chex	Warm Pita Wedges with Roasted Red Pepper Hummus
Baked Fish Noodles Italian Blend Vegetables	Beef Chili Basmati Rice Mirepoix Mixed Vegetables	Chicken Parmesan Parsley Noodles Sautéed Green Beans	Turkey Stew Cactus Potatoes Maple Glazed Carrots	Potato Leek Soup with Goldfish Crackers Mandarin Romaine Salad
Cheese Pizza Bites	Cantaloupe Chunks with Melba Toast and Sliced Cheddar	Banana Loaf	Apple Slices and Wowbutter	Mini Naan with Spinach Dip
Beef Medallions with Au Jus Potatoes Peas	Chicken Alfredo with Penne Steamed Broccoli Florets	Broccoli Cheddar Rice Soup Garlic Crostini	Cod Nuggets Sweet Potato Fries Tossed Salad	Chicken Dippers Herbed Bowtie Pasta 4 Way Blend Vegetables
Cucumber Sticks with Herbed Cream Cheese and Trio of Crackers	Nachos with Mexican Dip and Salsa	Yogurt and Digestive Cookies	Baked Perogies with Sour Cream	Cereal Trail Mix with Pineapple Chunks

Semester 2 Menu

January 2nd to April 27th

Daily Continental Breakfast may consist of the following:

- waffles
- oatmeal
- whole wheat toast
- assorted muffins
- multigrain bagels
- whole wheat English muffins
- assorted cereals
- yogurt
- French toast sticks
- 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...?

All of our breads, rice and pasta are whole wheat.

