



## Weekly Kids Menu

| Monday                                            | Tuesday                                         | Wednesday                                     | Thursday                               | Friday                                        | Saturday                                       | Sunday                                         |
|---------------------------------------------------|-------------------------------------------------|-----------------------------------------------|----------------------------------------|-----------------------------------------------|------------------------------------------------|------------------------------------------------|
| <b>Morning Snack</b>                              |                                                 |                                               |                                        |                                               |                                                |                                                |
| Smoothie<br>Cheese and Crackers                   | English Muffin<br>Fresh Fruit                   | Oatmeal<br>Fresh Fruit                        | Fresh Baked Loaf<br>Fresh Fruit        | Yogurt Parfait<br>Fresh Fruit                 | Fresh Muffin<br>Fresh Fruit                    | Whole Grain Cereal<br>Fresh Fruit              |
| <b>Lunch</b>                                      |                                                 |                                               |                                        |                                               |                                                |                                                |
| Mini Pizzas<br>(Ham or Cheese)<br>Veggies and Dip | Pasta and Red Sauce<br>(Meat Option)<br>Veggies | Perogies with<br>Meatballs<br>Steamed Veggies | Chicken Quesadillas<br>Steamed Veggies | Bacon Chicken Ranch<br>Casserole with Veggies | Mac and Cheese<br>Casserole<br>Steamed Veggies | Hamburgers<br>Steamed Veggies                  |
| <b>Afternoon Snack</b>                            |                                                 |                                               |                                        |                                               |                                                |                                                |
| Trail Mix (Nut Free)<br>Fresh Fruit               | Nachos with Cheese<br>Fresh Fruit               | Smoothie<br>Trail Mix (Nut Free)              | Popcorn<br>Fresh Fruit                 | Cheese and Crackers<br>Fresh Fruit            | Yogurt Parfait<br>Fresh Fruit                  | Meat and Cheese and<br>Crackers<br>Fresh Fruit |

Milk and water offered at all meals

Gluten free pasta and dairy free cheese available upon request