

## MENU WEEK #1

Date	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
8/15/22 9/12/22 10/10/22 11/7/22	AM SNACK	Blueberry Muffins Apple Juice	Applesauce Graham Crackers Water	French Toast Sticks Apple Juice	Fruit Nutri Grain Bar Apple Juice	Peaches Vanilla Wafers Water
	LUNCH	Peanut Butter and Jelly Sandwich Mandarin Oranges Corn Milk	Homemade Macaroni and Cheese Mixed Vegetables Peaches Milk	Chicken Nuggets Whole Grain Roll Mashed Potatoes Green Beans Milk	Homemade Cheese Pizza on Wheat Crust Green Salad Mixed Fruit Milk	Grilled Cheese Cucumbers Tropical Fruit Milk
	PM SNACK	Pepperoni Cheese Stick Water	Mixed Fruit Multi Grain Cheerios Water	Corn and Rice Chex Apple Juice	Banana Whole Grain Goldfish Water	Yogurt Whole Grain Cheerios Apple Juice

Milk Served: 1% or skim, unflavored milk is served for children 2 years of age and older

Whole, unflavored milk is served to 1 year olds

Juice Served: 100% Apple Juice

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“This institution is an equal opportunity provider and employer.”

## MENU WEEK #2

Date	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
8/22/22 9/19/22 10/17/22 11/14/22	AM SNACK	Yogurt Animal Crackers Water	Cheese Toast Water	Honey Nut Cheerios Apple Juice	Mixed Fruit Cup Graham Crackers Water	Belvita Breakfast Biscuits Apple Juice
	LUNCH	Chicken Filet Sandwich Whole Grain Bun Green Beans Peaches Milk	Ravioli with Marinara sauce Carrots Mandarin Oranges Milk	Waffles Apple Sauce Baked Potato Wedges Milk	Turkey and Cheese sandwich on Whole Wheat Bread Cucumbers w/ranch Corn Milk	Meatballs w/noodles in tomato sauce Peas Applesauce Milk
	PM SNACK	Whole Grain Sun Chips Apple Juice	Peaches Whole Grain Goldfish Water	Ham Whole Wheat Bread Apple Juice	Apples Multi Grain Cheerios Water	Cuties Wheat Thin Crackers Water

Milk Served: 1% or skim, unflavored milk is served for children 2 years of age and older

Whole, unflavored milk is served to 1 year olds

Juice Served: 100% Apple Juice

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## MENU WEEK #3

Date	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
8/29/22 9/26/22 10/24/22 11/21/22	AM SNACK	French Toast Sticks Apple Juice	Applesauce Graham Crackers Water	Fruit Nutri Grain Bar Apple Juice	Blueberry Muffins Apple Juice	Mandarin Oranges Animal Crackers Water
	LUNCH	Beef Lasagna Peaches Green Salad Milk	Homemade Macaroni and Cheese Mixed Vegetables Mandarin Oranges Milk	Homemade Cheese Pizza on Whole Grain Crust Corn Mixed Fruit Milk	Grilled Cheese Cucumbers Apples Milk	Chicken Nuggets Green Beans Mashed Potatoes Whole Grain Roll Milk
	PM SNACK	Pepperoni Cheese Stick Water	Raw Carrot Sticks Whole Grain Goldfish Water	Yogurt Multi Grain Cheerios Apple Juice	Banana Wheat Thin Crackers Water	Corn and Rice Chex Apple Juice

Milk Served: 1% or skim, unflavored milk is served for children 2 years of age and older

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## MENU WEEK #4

Date	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
9/5/22 10/3/22 10/31/22 11/28/22	AM SNACK	Cheese Toast Water	Pancake and Sausage Stick Apple Juice	Belvita Breakfast Biscuits Apple Juice	Yogurt Graham Crackers Water	Banana Animal Crackers Water
	LUNCH	Popcorn Chicken Mashed Potatoes Green Beans Roll Milk	Meatballs w/noodles in tomato sauce Peas Mixed Fruit Milk	French Toast Sticks Applesauce Baked Potato Wedges Milk	Grilled Chicken Sandwich w/ bun Tater Tots Tropical Fruit Milk	Ground Beef Patty Whole Grain Bun Corn Peaches Milk
	PM SNACK	Mixed Fruit Cup Wheat Thin Crackers Water	Turkey Whole Wheat Bread Apple Juice	Whole Grain Sun Chips Apple Juice	Cuties Wheat Thin Crackers Water	Apples Multi Grain Cheerios Water

Milk Served: 1% or skim, unflavored milk is served for children 2 years of age and older

Whole, unflavored milk is served to 1 year olds

Juice Served: 100% Apple Juice

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## County Sites PM Snack Menu

Date	Monday	Tuesday	Wednesday	Thursday	Friday
8/15/22 9/12/22 10/10/22 11/7/22	Pepperoni Cheese Stick Water	Mixed Fruit Multi Grain Cheerios Water	Corn and Rice Chex Apple Juice	Banana Whole Grain Goldfish Water	Yogurt Whole Grain Cheerios Apple Juice
8/22/22 9/19/22 10/17/22 11/14/22	Whole Grain Sun Chips Apple Juice	Peaches Whole Grain Goldfish Water	Ham Whole Wheat Bread Apple Juice	Apples Multi Grain Cheerios Water	Cuties Wheat Thin Crackers Water
8/29/22 9/26/22 10/24/22 11/21/22	Pepperoni Cheese Stick Water	Raw Carrot Sticks Whole Grain Goldfish Water	Yogurt Multi Grain Cheerios Apple Juice	Banana Wheat Thin Crackers Water	Corn and Rice Chex Apple Juice
9/5/22 10/3/22 10/31/22 11/28/22	Mixed Fruit Cup Wheat Thin Crackers Water	Turkey Whole Wheat Bread Apple Juice	Whole Grain Sun Chips Apple Juice	Cuties Wheat Thin Crackers Water	Apples Multi Grain Cheerios Water

Juice Served: 100% Apple Juice

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