

Autumn 2024 Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	English Muffin Cream Cheese Fruit Salad Milk	Apple Crumble Sunrise Cookie Fruit Milk	Fruit Smoothie Whole Grain Muffin Milk	Scrambled Eggs/Muffin English Muffin Chia Jam Milk	Baked Oatmeal Mixed Fruit Milk
Lunch	Beef Stir Fry Broccoli & Carrots Brown Rice Fruit Milk	Lentil Stew with Potatoes Dinner Rolls Fruit Milk	Pizza Caesar/Greek Salad Fruit Milk	Chicken Tenders Brown Rice Butternut Squash Fruit Milk	Whole Grain Mac & Cheese Ham /Beef & Peas Fruit Milk
PM Snack	Cinnamon Pita Chip Apple Butter Dip Veggie Tray	Banana Chocolate Chip Muffin Fruit	Hummus Veggies Mini Pita	Pumpkin Oatmeal Cookie Veggies & Ranch	Triscuit/Ritz Pizzas (Build Your Own)

Water is available to children throughout the day & at all meals.

If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Lillio. Menu alternatives are prepared separately for children with dietary restrictions.

Autumn 2024 Menu Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	English Muffin Cream Cheese Fruit Salad Milk	Apple Crumble Sunrise Cookie Fruit Milk	Fruit Smoothie Whole Grain Muffin Milk	Scrambled Eggs/Muffin English Muffin Chia Jam Milk	Baked Oatmeal Mixed Fruit Milk
Lunch	Grilled Cheese Pasta Tomato Soup Fruit Milk	Beef Chili Cheesy Cornbread Fruit Milk	Pizza Caesar/Greek Salad Fruit Milk	Barbecue Chicken Brown Rice Mixed Vegetables Fruit Milk	Tortellini/Macaroni Spinach & Sausage Fruit Milk
PM Snack	Cinnamon Pita Chip Apple Butter Dip Veggie Tray	Banana Chocolate Chip Muffin Fruit	Hummus Veggies Mini Pita	Pumpkin Oatmeal Cookie Veggies & Ranch	Triscuit/Ritz Pizzas (Build Your Own)

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Autumn 2024 Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	English Muffin Cream Cheese Fruit Salad Milk	Apple Crumble Sunrise Cookie Fruit Milk	Fruit Smoothie Whole Grain Muffin Milk	Scrambled Eggs/Muffin English Muffin Chia Jam Milk	Baked Oatmeal Mixed Fruit Milk
Lunch	Bean & Cheese Quesadilla Roasted Yams Fruit Milk	Beef Burgers Pasta Salad Fruit Milk	Pizza Caesar/Greek Salad Fruit Milk	Chicken Alfredo Broccoli Fruit Milk	Beef Ravioli/Mac Red Pepper Sauce Fruit Milk
PM Snack	Cinnamon Pita Chip Apple Butter Dip Veggie Tray	Banana Chocolate Chip Muffin Fruit	Hummus Veggies Mini Pita	Pumpkin Oatmeal Cookie Veggies & Ranch	Triscuit/Ritz Pizzas (Build Your Own)

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Autumn 2024 Menu Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	English Muffin Cream Cheese Fruit Salad Milk	Apple Crumble Sunrise Cookie Fruit Milk	Fruit Smoothie Whole Grain Muffin Milk	Scrambled Eggs/Muffin English Muffin Chia Jam Milk	Baked Oatmeal Mixed Fruit Milk
Lunch	Perogies Sausages Peas Fruit Milk	Sloppy Joes Dinner Roll Diced Carrots Fruit Milk	Pizza Caesar/Greek Salad Fruit Milk	Crispy Chicken Mashed Potatoes Broccoli Fruit Milk	Beef Tacos Fruit Milk
PM Snack	Cinnamon Pita Chip Apple Butter Dip Veggie Tray	Banana Chocolate Chip Muffin Fruit	Hummus Veggies Mini Pita	Pumpkin Oatmeal Cookie Veggies & Ranch	Triscuit/Ritz Pizzas (Build Your Own)

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