

Summer – Fall Menu 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 AM snack	Whole Wheat Crackers & Fruit with Milk	Bagel, Cream Cheese & Fruit with Milk	Naan Bread & Fruit with Milk	Whole Wheat Bread, Margarine & Fruit with Milk	Waffles, Fruit Sauce & Fruit with Milk
PM snack	Fruit & Dinner Rolls with Water	Caesar Salad Wrap with Water	Greek Pita (Chicken, Lettuce, Tomato w/ Greek & Feta Dressing) with Water	Fruit, Breadsticks & Banana Cottage Cheese Dip with Water	Trail Mix & Fruit with Water
Week 2 AM snack	Triscuits & Fruit with Milk	Rye Bread, Fruit & Margarine with Milk	Fruit & Flaxseed Crackers with Milk	Fruit, Yogurt & All Bran Buds with Milk	Cereal & Fruit with Milk
PM snack	Fruit, Toast & Fruit Spread with Water	Veggie Slider (Dinner Rolls, Lettuce, Tomatoes & Cream Cheese) with Water	Naan Bread Pizza w/ Sauce, Cheese & Vegetables with Water	Taco Hummus, Pita & Vegetables with Water	Melba Toast, Carrots, Green Peppers & Dip with Water
Week 3 AM snack	Breadsticks & Fruit with Milk	Pita, Cream Cheese & Frozen Mangos with Milk	Bagel, Hummus, Tomatoes & Cucumbers with Milk	Toast, Margarine & Fruit with Milk	Banana, Fruit Spread & Wrap with Milk
PM snack	Cheerios & Fruit with Water	Cheese Sandwich, Vegetables & Dip with Water	Boiled Egg Wrap & Fruit with Water	English Muffin, Cheese Slices & Vegetables with Water	Mixed Berry Muffin & Fruit with Water
Week 4 AM snack	Applesauce & Melba Toast with Milk	Cereal & Fruit with Milk	English Muffin, Marmalade & Fruit with Milk	Tomato, Lettuce, Cheese & Mayo Wrap with Water	Blueberry Honey Quinoa Bowl & Fruit with Water
PM snack	Fruit & Whole Grain Crackers with Water	Garden Salad, Croutons & Dressing with Water	Naan Bread, Vegetables & Dill Dip with Water	Yogurt, Granola & Frozen Fruit with Water	Breadsticks, Vegetables & Dip with Water