

Summer Menu 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 AM snack	English Muffins, Fruit Spread & Fruit with Milk	Bagel, Cheese Slice & Fruit with Milk	Berries, Cottage Cheese & Bread Sticks with Milk	Cheese Cubes, Fruit & Whole Wheat Crackers with Milk	Banana, Fruit Spread & Wrap with Milk
PM snack	Fruit, Yogurt to Dip & Melba Toast with Water	Vegetables, Naan Bread & Dill Dip with Water	Rye Bread, Margarine & Fruit with Water	Southwest Couscous Salad & Vegetables with Water	Veggie Sliders (Dinner Roll, Tomato, Lettuce & Cream Cheese) with Water
Week 2 AM snack	Triscuits & Fruit with Milk	Cereal & Fruit with Milk	Waffles w/ Fruit Sauce & Fruit with Milk	Bagel, Hummus & Tomatoes with Milk	Plain Yogurt, Honey, Berries & Granola with Milk
PM snack	Toast, Fruit Spread & Fruit with Water	Bean and Veggie Rice Bowl with Water	Caesar Salad Wraps with Water	Dinner Roll, Vegetable & Dip with Water	Rye Bread, Cream Cheese & Cucumbers with Water
Week 3 AM snack	Applesauce, Cinnamon & Melba Toast with Milk	English Muffin Toasted w/ Cheese Slice & Fruit with Milk	Boiled Egg Wrap & Fruit with Milk	Cereal & Fruit with Milk	Berry Crumble & Fruit with Milk
PM snack	Cheerios & Fruit with Water	Chickpea Salad Sandwich & Vegetables with Water	Berry and Spinach Salad, Dressing & Whole Wheat Bread with Water	Greek Pita (Dice Chicken, Lettuce, Tomato, Greek & Feta Dressing) with Water	Cold Pizza Bar (Naan Bread, Pizza Sauce, Vegetable Toppings & Cheese) with Water
Week 4 AM snack	Melba Toast & Fruit with Milk	Pita, Cream Cheese & Fruit with Milk	Fresh Berries, Toast & Margarine with Milk	Trail Mix & Fruit with Milk	Peach and Strawberry Smoothie, Fruit & Whole Wheat Crackers
PM snack	Fruit & Dinner Roll with Water	Garden Salad, Croutons & Dressing with Water	Vegetables, Naan Bread & Black Bean Dip with Water	Fruit & Breadsticks with Water	Cheese Sandwich, Vegetables & Dip with Water