



Sample Meal Schedule Spring / Summer Week #1



Meal Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Ritz Crackers	Toast, Jam	Rice Krispies	English Muffin, Jam	Animal Crackers
Lunch Main Meal	Soft Tacos	Veggie Noodle Soup	Bacon Cheese melts on English Muffins	Ham and Scalloped Potatoes	Fish Sticks, with Mac and Cheese
Meat / Alternative	Ground Beef	Bologna Sandwich	Bacon	Baked Ham	Fish Sticks, Cheddar in Mac and Cheese
Vegetable	Broccoli and Cauliflower with Cheese Sauce	Pickles	Caesar Salad Infants - Corn	Peas & Carrots	Carrots
Bread / Cereal 100% Whole Grain or Whole Wheat	Whole Wheat Wraps	Noodle Soup Bread	English Muffin	Scalloped Potatoes	Mac & Cheese
Other Foods	Sour Cream, Salsa, Lettuce Tomato, Cheese	Saltines		Ketchup	Ketchup, Tartar Sauce
PM Snack	Tuna on Soda Crackers	Bagel Chunks Spinach Dip	Fruit Topped Cake	Pumkin Chocolate Chip Muffins	Goldfish Crackers

Snacks **must** be served with at least one serving from two of the four food groups. Fruit is served at both snacks and lunch and will be noted daily in the kitchen in a bound book. AM snack will always be served with milk (infants and toddlers receive homogenized milk - other ages receive 2%). PM snack will always be served with water. Water is also available at AM snack, lunch, and as required throughout the day.