



Fall & Winter Menu

MONDAY

Morning Snack: Baked Apple with raisins; graham crackers & SunButter
Lunch: Grill cheese and Ham & Cheese sandwiches; vegetable of the day
Afternoon Snack: Dessert of the day and milk

TUESDAY

Morning Snack: Cherrios; eggs; and fresh fruit
Lunch: Meat or cheese quesadilla; rice & beans; and corn
Afternoon Snack: Dessert of the day and milk

WEDNESDAY

Morning Snack: French toast, VT Maple Syrup, banana
Lunch: Chicken tenders; tater tots; butter noodles; vegetable of the day
Afternoon Snack: Dessert of the day and milk

THURSDAY

Morning Snack: Oatmeal; and fresh fruit
Lunch: Macaroni & Cheese; ham; peas & carrots
Afternoon Snack: Dessert of the day and milk

FRIDAY

Morning Snack: Yogurt; cereal; and fresh fruit
Lunch: Pizza (meat, veggie or cheese), fresh vegetable of the day
Afternoon Snack: Dessert of the day and milk

SATURDAY

Morning Snack: Whole Grain Saltine with SunButter; and fresh fruit
Lunch: Chili; macaroni & cheese; vegetable of the day
Afternoon Snack: Dessert of the day & Milk

SUNDAY

Morning Snack: Bagel with butter or cream cheese; and fresh fruit
Lunch: Egg or Pasta Casserole; Broccoli
Afternoon Snack: Dessert of the day and Milk

Please note there may be substitutions to the planned menu.

Allergy information: The food service program is free of any peanuts/tree nuts. However, please note that some of the products used may have been purchased from facilities that process foods with peanuts/tree nuts. In addition, the products used may contain wheat, egg, dairy, soy or fish allergens.

Special dietary needs are accommodated whenever possible. However, if your child has food allergies/sensitivities and you are concerned with the day's menu, please consult with the Food Service Supervisor for possible options. If the food allergies/sensitivities are severe, it is often best to send your child with their own lunch.