



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7 <i>No school, camp day</i>
AM- String Cheese, Pretzels, Green Beans PM- Rice Cakes, Cottage Cheese, Golden Raisins CH- Guacamole, Tortilla Chips, Salsa	AM- Ants on a Log w/ Soy Nut Butter, Dried Blueberries PM- Cheese Pesto Tortellini, Broccoli, Ranch Dressing CH- Root Chips, Banana	AM- Applesauce, Fig Bar PM- Carrots, Grilled Chicken, Triscuit Crackers CH- Cucumber Sandwiches w/ cream cheese, WW Bread	AM- Pumpkin Muffins, Milk, Pear Slices PM- Celery Sticks, Mozzarella Balls CH- Egg Salad, Multigrain Crackers, Grapes	AM- Hummus, Cucumber sticks, Pita Bread PM- Spinach/Mixed berries/yogurt Smoothies, Popcorn CH- Graham Crackers, Apple Slices, Cheese Slices
10	11	12	13	14
AM- Nutri-Grain Bars, Milk, Grapes PM- Orange Slices, String Cheese, Pirates Booty CH- Tofu Cubes, Grape Tomatoes, Wheat Thins	AM- Broccoli, Ranch Dressing, Cheese Slices PM- Bean/Cheese Quesadillas, Salsa CH- Carrots, WASA Crackers, Baby Bell Cheese	AM- Apple Slices, Soy Nut Butter, Raisins PM- Yogurt, Granola, Berries CH- Cheese Cubes, Popcorn, Bell Peppers	AM- Cottage Cheese, Canned Peaches, Belvita Breakfast Bars PM- Snap Peas, Cheese CH- Tuna Salad, Crackers, Celery	AM- Pear Slices, Root Chips PM- Turkey, Pita Bread, Edamame CH- Mini Cuc, Cottage Cheese, Triscuits
17	18	19	20	21
AM- Rice Crackers, Oranges PM- Veg Chips, Hummus, Carrots CH- Cheese, Green Apple Slices	AM- Waffles, Berries, Milk PM- Tortilla Chip Nachos with Toppings (cheese, beans, salsa) CH- Chex Mix, Honeydew Melon	AM- Tuna Salad, WG Crackers, Bell Peppers PM- Grilled Cheese, Carrots, pickles CH- Cucumber Sandwiches w/ Cream Cheese, WW Bread	AM- Banana Roll Ups, Milk PM- Cheese Tortellini, Broccoli CH- Edamame, String Cheese	AM- Blueberry Yogurt, Blueberries, Granola PM- Pesto Turkey Pinwheels, Carrot Sticks CH- Veg Nuggets, Cucumber Slices, Ranch
23	24	25	26	27
AM- Applesauce, Belvita Breakfast Bars PM- Popcorn, Carrots CH- Pretzel Mix with Goldfish, Wheat Chex Cereal, Grapes	AM- Cornbread Muffins, Milk, oranges PM- Spinach/Cheese Quesadilla, Corn Salsa CH- Veg, Tzatziki, Pita bread	AM- Banana Roll Ups (Soy Nut Butter and Bananas) PM- Bean/Cheese Quesadilla, Salsa CH- Popcorn, Orange Slices	AM- Oatmeal, Mixed Berries, Milk PM- Chicken Salad, Rice Crackers, Celery CH- Apple Slices, String Cheese	AM- Yogurt, Granola, Mango PM- Caprese Salad (Mozzarella, Tomato, Dried Basil), WG Crackers CH- Plantain Chips, Black Bean Hummus
30	31			
AM- Dried Cranberries, Cheese PM- Bagel, Cream Cheese, Pineapple CH- Broccoli, Ranch Dressing, Veggie Straws	AM- Egg Slices, WW Toast, Sliced Oranges PM- Veggie Burgers, Mini Cuc CH- Hummus W/WG Pita			
Menus are subject to change without notice.				