

CYCLE MENU Full & Extended Day 2018-2019 Children 3 to 5 years

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
| WG General Mills Cheerios, Peaches, 1 % Milk - Hamburgers on WW Bun, Baked Sweet Potato Fries, Sliced Kiwi, 1 % Milk - Sliced Apple & Cheese, WG Wheat Thins, Water | Egg Patty, WW English Muffin, Mandarin Oranges, 1 % Milk - Mashed Bean & Cheese Burrito on WW Tortilla, Spinach Salad, Diced Mango, 1 % Milk - Veggie Sticks (Carrots, Broccoli) & Yogurt Ranch Dip, Ritz Crackers, Water | WG Pancake, Strawberries, 1 % Milk - Chicken Veggie Noodle Soup, Sliced Apple, WW Roll, 1 % Milk - Yami Lowfat Vanilla Yogurt, Berries Parfait, WG General Mills Kix Cereal, Water | WG General Mills Rice Chex, Banana, 1 % Milk - Cheese Pizza, Diced Pineapple, Red Pepper Strips, 1 % Milk - Hard Boiled Egg, Cucumbers, WG Wheat Thins, Water | Quesadilla on WG Tortilla, Pears, 1 % Milk - Cod OR Haddock, Brown Rice, Romaine Salad, Orange Slices, 1 % Milk - Cottage Cheese, Diced Cantaloupe, WW Mini Bagel |
| 6 | 7 | 8 | 9 | 10 |
| WG Oatmeal, Blueberries, 1 % Milk - Chicken Taco on WW Tortilla, Shredded Cheese, Diced Mango, Spinach Salad, 1 % Milk - Sliced Tomato & Cheese, WG Bread, Water | WG General Mills Kix Cereal, Mandarin Oranges, 1 % Milk - Macaroni & Cheese, WW Roll, Steamed Broccoli, Apple, 1 % Milk - Veggie Sticks, Mashed Beans, Ritz Crackers, Water | Yami Lowfat Vanilla Yogurt, Banana,, 1 % Milk - Turkey Sandwich on WW Bread, Diced Melon, Romaine Salad, 1 % Milk - Quesadilla on WG Tortilla, Orange Slices, Water | WW Mini Bagel, Cream Cheese, Pineapple Tidbits, 1 % Milk - Salmon w Lemon, WG Brown Rice, Kiwi, Carrots, 1 % Milk - Cottage Cheese, Fresh Pears, WG Wheat Thins, Water | WG General Mills Corn Chex, Orange Slices, 1 % Milk - Lentil Soup OR Minestrone Soup, Shredded Cheese, WW Roll, Diced Cantaloupe, 1 % Milk - Graham Crackers, Banana, 1% Milk |
| 11 | 12 | 13 | 14 | 15 |
| WG General Mills Kix Cereal, Peaches, 1 % Milk - Fish Patty on WW Bun, Carrot Sticks, Sliced Kiwi, 1 % Milk - Mashed Bean Cucumber Wrap on WG Tortilla, Water | WG Bread, Strawberries, 1 % Milk - Vegetarian Taco Soup, Shredded Cheese, Mandarin Oranges, Romaine Salad , WG Corn Tortilla Chips, 1 % Milk - WG General Mills Rice Chex, Bananas, 1% Milk | Egg Patty, WW English Muffin, Pears, 1 % Milk - Baked Chicken, Broccoli, Diced Cantaloupe, WW Roll, 1 % Milk - Veggies Sticks, Cheese, WG Bread, Water | WG General Mills Cheerios, Banana 1 % Milk - Veggie Lasagna, Spinach Salad, Pineapple Tidbits, WG Bread, 1 % Milk - Hard Boiled Egg, Ritz Crackers, Oranges, Water | Oatmeal Muffin Square, Applesauce, 1 % Milk - Chicken Thighs, WG Brown Rice, Mixed Veggies, Diced Honeydew, 1 % Milk - Quesadilla on WG Tortilla, Diced Mango, Water |
| 16 | 17 | 18 | 19 | 20 |
| WW Mini Bagel, Cream Cheese, Blueberries, 1 % Milk - Chicken Patty on WW Bun, Tomato Slices, Oranges, 1 % Milk - Veggies Sticks & Dip, WG Wheat Thins, Water | WG Oatmeal, Banana, 1 % Milk - WG Spaghetti & Meatballs, Spinach Salad, Strawberries, WG Bread, 1 % Milk - Yami Lowfat Vanilla Yogurt, Berries, WG General Mills Cheerios, Water | WG General Mills Rice Chex, Mandarin Oranges, 1 % Milk - WG Brown Rice with Beans, Shredded Cheese, Red Pepper Strips, Diced Cantaloupe, 1 % Milk - Cream Cheese Cucumbers Wrap on WG Tortilla, Water | WG Waffle, Strawberries, 1 % Milk - Tuna Sandwich on WW Bread, Broccoli, Diced Mango, 1% Milk - Cottage Cheese, Banana, 1% Milk | Yami Lowfat Vanilla Yogurt, Pineapple Tidbits, 1 % Milk - Breaded Chicken, WW Roll, Romaine Salad, Sliced Apple, 1 % Milk - Ritz Crackers, Sliced Cheese, Tomato Slices |

This institution is an equal opportunity provider. All milk served is 1% unflavored milk.

CYCLE MENU Part Day 2018-2019 Children 3 to 5 years

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---------------|
| 1 | 2 | 3 | 4 | 5 |
| WG General Mills Cheerios, Peaches, 1 % Milk - Hamburgers on WW Bun, Baked Sweet Potato Fries, Sliced Kiwi, 1 % Milk | Egg Patty, WW English Muffin, Mandarin Oranges, 1 % Milk - Mashed Bean & Cheese Burrito on WW Tortilla, Spinach Salad, Diced Mango, 1 % Milk | WG Pancake, Strawberries, 1 % Milk - Chicken Veggie Noodle Soup, Sliced Apple, WW Roll, 1 % Milk | WG General Mills Rice Chex, Banana, 1 % Milk - Cheese Pizza, Diced Pineapple, Red Pepper Strips, 1 % Milk | |
| 6 | 7 | 8 | 9 | 10 |
| WG Oatmeal, Blueberries, 1 % Milk - Chicken Taco on WW Tortilla, Shredded Cheese, Diced Mango, Spinach Salad, 1 % Milk | WG General Mills Kix Cereal, Mandarin Oranges, 1 % Milk - Macaroni & Cheese, WW Roll, Steamed Broccoli, Apple, 1 % Milk | Yami Lowfat Vanilla Yogurt, Banana,, 1 % Milk - Turkey Sandwich on WW Bread, Diced Melon, Romaine Salad, 1 % Milk | WW Mini Bagel, Cream Cheese, Pineapple Tidbits, 1 % Milk - Salmon w Lemon, WG Brown Rice, Kiwi, Carrots, 1 % Milk | |
| 11 | 12 | 13 | 14 | 15 |
| WG General Mills Kix Cereal, Peaches, 1 % Milk - Fish Patty on WW Bun, Carrot Sticks, Sliced Kiwi, 1 % Milk | WG Bread, Strawberries, 1 % Milk - Vegetarian Taco Soup, Shredded Cheese, Mandarin Oranges, Romaine Salad , WG Corn Tortilla Chips, 1 % Milk | Egg Patty, WW English Muffin, Pears, 1 % Milk - Baked Chicken, Broccoli, Diced Cantaloupe, WW Roll, 1 % Milk | WG General Mills Cheerios, Banana 1 % Milk - Veggie Lasagna, Spinach Salad, Pineapple Tidbits, WG Bread, 1 % Milk | |
| 16 | 17 | 18 | 19 | 20 |
| WW Mini Bagel, Cream Cheese, Blueberries, 1 % Milk - Chicken Patty on WW Bun, Tomato Slices, Oranges, 1 % Milk | WG Oatmeal, Banana, 1 % Milk - WG Spaghetti & Meatballs, Spinach Salad, Strawberries, WG Bread, 1 % Milk | WG General Mills Rice Chex, Mandarin Oranges, 1 % Milk - WG Brown Rice with Beans, Shredded Cheese, Red Pepper Strips, Diced Cantaloupe, 1 % Milk | WG Waffle, Strawberries, 1 % Milk - Tuna Sandwich on WW Bread, Broccoli, Diced Mango, 1% Milk | |

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