




# Sample Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Fresh, seasonal fruits and vegetables are primarily used. Canned fruits are packed in natural juices or water.</p> 	<p><b>1</b></p> <p>Diced Chicken Brown Rice Green Beans Pears Milk</p>	<p><b>2</b></p> <p>WW Pasta w/ Spaghetti Sauce Cauliflower Honeydew Milk</p>	<p><b>3</b></p> <p>Turkey &amp; Cheese Slices w/ WW Bagel Cucumbers Watermelon Milk</p>	<p><b>4</b></p> <p>WW Cheese Quesadilla Peppers Mango Milk</p>	<p><b>5</b></p> <p>Fish Sticks w/ WW Bread Lima Beans Cantaloupe Milk</p>	<p>Vegetarian options are provided on days when meals are not already meatless. Currently those options include: veggie nuggets, hummus, cheese, yogurt and black beans. When sauce contains meat, we provide a meatless marinara sauce. When meat and cheese are both offered, we simply do not provide the meat to our vegetarian children.</p>
	<p><b>8</b></p> <p>Turkey Sausage WW Bread Diced Potatoes Peaches Milk</p>	<p><b>9</b></p> <p>WGR Crunchy Bean Tacos w/ Cheddar Cheese Broccoli Pineapple Milk</p>	<p><b>10</b></p> <p>Diced Ham Couscous Carrots Bananas Milk</p>	<p><b>11</b></p> <p>Hummus w/ WW Pitas Cucumbers Cantaloupe Milk</p>	<p><b>12</b></p> <p>Chicken Tenders w/ WW Bread Peas Orange Slices Milk</p>	
	<p><b>15</b></p> <p>WW Penne w/ Turkey Bolognese Cauliflower Mandarin Oranges Milk</p>	<p><b>16</b></p> <p>Cheese Slices w/ WW Bagels Peas and Carrots Blueberries Milk</p>	<p><b>17</b></p> <p>WW Turkey &amp; Cheese Quesadilla Corn Strawberries Milk</p>	<p><b>18</b></p> <p>WW Pancakes w/ Yogurt Broccoli Blackberries Milk</p>	<p><b>19</b></p> <p>WW Cheese Pizza Cucumbers Fruit Cocktail Milk</p>	
	<p><b>22</b></p> <p>Ham &amp; Cheese Slices WW Bread Peas Pears Milk</p>	<p><b>23</b></p> <p>WW Cheese Filled Breadsticks w/ Sauce Lima Beans Cantaloupe Milk</p>	<p><b>24</b></p> <p>Diced Turkey Couscous Green Beans Honeydew Milk</p>	<p><b>25</b></p> <p>WW Macaroni &amp; Cheese Vegetable Medley Orange Slices Milk</p>	<p><b>26</b></p> <p>WW Pasta w/ Spaghetti Sauce Carrots Strawberries Milk</p>	 <p>We serve Turner Dairy Milk, Certified to come from local cows, not treated with RBST growth hormone.</p>
	<p><b>29</b></p> <p>Turkey Burger w/ WW Bun Corn Pineapple Tidbits Milk</p>	<p><b>30</b></p> <p>WW French Toast Yogurt Peas Blackberries Milk</p>				

Whole milk is recommended for children aged 1 month to 23 months. 1% milk is recommended for children 24 months or older. This menu meets the CACFP meal standards for children.