

## Sample Menu for Fall school year (Sept-November 2021)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>					
Morning Snack 9am	Fruit yogurt and granola	Fresh fruit	Mini pancakes and fresh berries	Fresh Fruit	Mini waffles and fresh berries
Lunch 12pm	Chicken noodle soup with sandwiches	Fried rice with grilled chicken	Pasta with rose or marinara sauce	Meatballs and plain rice	English Muffin Pizza
Afternoon Snack 3pm	Cheese and Crackers	Veggies and Hummus	Apple and Pear slices	Gluten and Nut-free Cookies	Buttered Bagels
<b>Week 2</b>					
Morning Snack 9am	Banana wheels and wow butter	Mini cheese sandwich	Cheerios and milk (of choice)	Omelette	Fresh fruit
Lunch 12pm	Mac and Cheese	hamburger (veggie and meat option with fresh veggies)	Fish and Chips	Noodles	Pizza day!
Afternoon Snack 3pm	Veggies and Hummus	Apple Sauce	Cheese and Crackers	French Toast	Yogurt Tubes

If kids are particular about the food choices, we will accommodate within reason.

- \* All food is nut free and dietary options are available upon request
- \* Menu for weeks 1 and 2 will alternate