

## 2019 Snack Menu

<b>Week 1</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>
AM	Cereal and Milk	Yogurt and Fruit	Bagels and Cream Cheese	<b>VIP</b>	Cheese and Veggies
PM	<b>VIP</b>	Soy Nut Butter Roll Ups**	Pretzels and Salsa or Guac	Applesauce and Graham Crackers	Trail Mix^
<b>Week 2</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>
AM	Cereal and Milk	<b>VIP</b>	Pita and Hummus	Kefir and Tea Biscuits	Wheat Thins with Hard Boiled Eggs
PM	Apples and Soy Nut Butter	Cheese and Crackers	<b>VIP</b>	Veggies, Dip and Pretzels	Ants on a Log*

^Trail mix may include cereal, pretzels, goldfish, veggie straws, and/or dried fruit

\* celery (cucumber for under 2), raisins and cream cheese

\*\*May contain Fruit or Jelly

VIP: Very Important Produce. Each month we will highlight a different fruit or vegetable. "VIP" snacks will

## 2019 Lunch Menu (available for purchase)

	<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>
<b>Week 1</b>	Cheese Quesadilla and Black Bean Soup	Chik'n Patty and Baked Beans	Mac-n-Cheese	Hashbrowns, Scrambled Eggs, and Veggie Sausage	Pasta and Marinara w/ Veggie Crumbles
	<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>
<b>Week 2</b>	English Muffin Pizza	Fish Sticks and Sweet Potato Fries	Mac-n-Cheese	Tomato Soup and Grilled Cheese	Pasta with Alfredo Sauce

