

Spring/Summer 2012 Week 1

Food Children Eat!!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Multigrain Cheerios with Milk	WW Bagel with Raspberry Spread	MG Apricot Orange Muffin	Shreddies Cereal and Milk	Coconut and Fig Fruit Loaf
LUNCH	Mini Beef Meatball Tortellini Casserole WW Cheese Tortellini and Mini Beef Meatballs in Tomato Sauce topped with Mozzarella Cheese and served with Broccoli Florets Fresh Seasonal Fruit	Chicken Souvlaki and Greek Salad WW Pita stuffed with Boneless Chicken Strips topped with Tzatziki Sauce and served with a Greek Salad and Dressing Fresh Seasonal Fruit	Cheddar Cheese Omlette and Roasted Potatoes Cheddar Cheese Omlette served with Homestyle Roasted Potatoes, Green Beans and WW Bread Fresh Seasonal Fruit	Baked White Fish and Brown Rice Baked White Fish topped with a Mango Chutney served with Brown Rice, Peas and Carrots Fresh Seasonal Fruit	Pulled BBQ Chicken Sandwich Pulled BBQ Chicken on a WW Bun served with Tossed Salad and Dressing Fresh Seasonal Fruit
AFTERNOON SNACK	Yogurt Dip with Arrowroot	WW Nut Free Butter Sandwich	Fresh Baby Carrots/Tomatoes and Ranch Dip	WW Cheese Pizza Slice	Orange Cranberry Pita with Fruit Spread

CFG Daily Requirements	Food For Tots Full Daily Servings from Food Groups				

Menu approved by a Registered Dietitian. Fresh Seasonal Fruits and Vegetables may vary and includes: apple, banana, grapes, pears, strawberries, melons (water, cantaloupe, & musk), plums, nectarines, mango and vegetables may vary due to seasonal availability.

All Lunches are Trans fat-free (except for naturally occurring Trans fats).

In effect April 16, 2012

Spring/Summer 2012 Week 2

Food Children Eat!!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Just Right Cereal and Milk	Banana Oatmeal Bar	Hardboiled Egg and WW Bread	Brown Rice Krispie Cereal with Milk	Blueberry Bran Muffin
LUNCH	Moroccan Chicken and Cous Cous Moroccan Chicken Drumstick served with Cous Cous and Mix Vegetables (Carrots, Corn, Beans, Peas) Fresh Seasonal Fruit	Italian Wedding Soup and WG Chicken Calzone Italian Wedding Soup and a WG Chicken Calzone stuffed with Chicken, Tomato Sauce and Mozzarella Cheese served with Sliced Cucumbers Fresh Seasonal Fruit	WG Tomato Country Garden Bean Primavera WG Pasta in a Bean, Tomato, Cauliflower, Zucchini and Onion Cheese Primavera Sauce served with Mixed Salad Greens and Dressing Fresh Seasonal Fruit	Asian Beef StirFry Asian Beef Stirfry with Oriental Mix Vegetables (green beans, broccoli, peppers, mushrooms) served with Brown Rice Fresh Seasonal Fruit	WG Spaghetti and Meatballs WG Spaghetti and Beef Meatballs in a Italian Tomato Sauce served with a Garden Salad and Dressing Fresh Seasonal Fruit
AFTERNOON SNACK	Beef and Potato Samosa with Carrots	Cheddar Cheese and WW crackers	WW Pita & White Bean Dip	Organic Ginger Snaps with Cream Cheese Dip	WW Cheese Sandwich

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Spring/Summer 2012 Week 3

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Multigrain Cheerios and Milk	Maple Hotcake and Apple Fruit Dip	MG Zucchini and Pineapple Loaf	Shreddies Cereal with Milk	MG Cranberry Orange Muffin
LUNCH	Beef Taco Build your own taco using Seasoned Ground Beef, Sour Cream, Shredded Cheese and Matchstick Carrots in a WW Tortilla Shell Fresh Seasonal Fruit	Turkey Meatball Submarine WW Submarine Bun stuffed with Turkey Meatballs and covered with Tomato Sauce served with a Mixed Salad and Dressing Fresh Seasonal Fruit	Baked Panko Fish Filet Baked Panko Fish served with Summer Greens and Dressing and WW Bread Fresh Seasonal Fruit	BBQ Beef Meatballs and Rice BBQ Beef Meatballs served with Brown Rice, Broccoli Florets and WW Bread Fresh Seasonal Fruit	Tomato Spinach Chicken Dumplings WW Chicken Dumplings in a Tomato Spinach Sauce served with Garden Salad, Dressing and WW Bread Fresh Seasonal Fruit
AFTERNOON SNACK	WW English Muffin with Strawberry Cream Cheese	Fruit Yogurt with Granola	Cheddar Cheese and WW Mini Pita	Fresh Vegetables and Hummus Dip	Banana Roll Up (WW Tortilla, Fruit Spread, Banana)

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Spring/Summer 2012 Week 4

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Just Right Cereal and Milk	WW French Toast Sticks with Fruit Puree	Cinnamon Apple Pita	Brown Rice Krispie Cereal with Milk	Fruity Multigrain Muffin
LUNCH	Grilled Chicken Tandoori and Rice Grilled Chicken Drumstick in a Tandoori Marinade served with Brown Rice and Green Peas Fresh Seasonal Fruit	Zippy Beef Casserole Zippy Beef Casserole made with a Mushroom sauce, Green Peas and WG Pasta served with Fresh Cucumber Slices Fresh Seasonal Fruit	Turkey Burger on WW Bun Lean Turkey Burger on a WW Bun topped with Cheddar Cheese and Relish served with Mixed Salad and Dressing Fresh Seasonal Fruit	BBQ Chicken & Pineapple Pizza with Chicken Wild Rice Soup BBQ Chicken & Pineapple Pizza on a WG Crust served with a Bowl of Chicken Wild Rice Soup and Fresh Baby Carrots Fresh Seasonal Fruit	Chicken Lo Mein Chicken Lo Mein served with assorted Vegetables (Peas, Beans, Broccoli, Mushrooms, Peppers) and WG Noodles Fresh Seasonal Fruit
AFTERNOON SNACK	Fruit Yogurt and Arrowroot	Organic Ginger Snaps with Baby Carrots	Multigrain Tortilla Chips with Salsa	MG Fruit Cookie and Fresh Fruit	Banana Oatmeal Bar and Cheddar Cheese Cubes

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