

Session 1 (June 29-July 10)

MENU WEEK 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Shreddies & Applesauce	Fruit Yogurt Cup & Granola	Mini Blueberry Scone & Fruit	Cheese & Crackers	Mini Muffin & Fruit
Lunch	Macaroni & Cheese with Squash Fruit	Honey Garlic Chicken with Rice Pilaf (carrots & peas) Fruit	Turkey Veggie Chili WW Bun Fruit	Beef Teriyaki with Brown Rice & Carrots Fruit	Pasta with Tomato Sauce, Veggies & Cheese Fruit
Vegitarian Option (includes egg & dairy)	-	Honey Garlic Tofu with Rice Pilaf (carrots & peas)	Veggie Chili	Tofu Teriyaki with Brown Rice & Carrots	-
Afternoon Snack	Digestive Cookies & Fruit	WW Mini Bagel with Cheddar Cheese	Veggie Pasta Salad	Fruit & Trail Mix (cheerios, pretzels, raisins & sunflower seeds)	Nachos, Tzatziki Dip & Veggies

MENU WEEK 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Cheerios & Fruit	Apple Cinnamon Mini Pita & Fruit	Mini Muffin & Fruit	½ Cheese Sandwich on WW Bread	Fruit Yogurt Tube & Rice Cake
Lunch	Chicken Curry with Spinach & Basmati Rice Fruit	Cheese Ravioli in Tomato Sauce Edamame Fruit	Salisbury Beef Meatballs with Noodles & Peas Fruit	Sweet & Sour Chicken with steamed rice Carrots (steamed) Fruit	Tuna Salad sandwich on a whole wheat bun Tomato Cucumber Salad Fruit
Vegitarian Option (includes egg & dairy)	Bean Curry with Spinach & Basmati Rice	-	Salisbury Veggie Meatballs with Noodles & Peas	Sweet & Sour Tofu with steamed rice	Veggie Cheese sandwich on a whole wheat bun
Afternoon Snack	Breadsticks with Creamcheese	Pretzels & Veggies	Arrowroot Cookies & Applesauce	WW Crackers and WOW Butter	WG Goldfish Crackers & Fruit

Halal options available

WG = Whole grain, WW = Whole Wheat

Fruit = Fruit will vary day to day. Based on availability/seasonality. Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Assorted vegetables based on availability/seasonality. Veggie choices may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc.

Please note this menu is subject to change. Substitutions will be made for allergies and dietary restrictions.



Session 2 (July 13 - 24)

WEEK 1

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Shreddies & Fruit	Mini Muffin & Fruit	Mini Blueberry Scone & Fruit	Cheese & Crackers	Fruit Yogurt Cup & Granola
Lunch	Chicken Alfredo with Broccoli Fruit	Mac & Cheese Edamame (steamed) Fruit	Greek Chicken with Steamed Rice Corn Fruit	Beef Ziti & Carrots in tomato sauce Fruit	Chicken Veggie Fried Rice Fruit
Vegitarian Option (includes egg & dairy)	Alfredo with White Beans & Broccoli	-	Greek Tofu with Steamed Rice	Ziti in tomato sauce with Chickpeas & Carrots	Tofu Veggie Fried Rice
Afternoon Snack	Oatmeal Cookie & 100% Fruit Juice	Nachos, Tzatziki Dip & Veggies	Veggie Pasta Salad	Fruit & Trail Mix (cheerios, pretzels, raisins & sunflower seeds)	WW Mini Bagel with Cheddar Cheese

WEEK 2

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Cheerios & Fruit	Fruit Yogurt Tube & Rice Cake	Mini Muffin & Fruit	½ Cheese Sandwich on WW Bread	Cinnamon Raisin Mini Pita & Fruit
Lunch	Baked Fish with Potato Wedges Peas & Corn (steamed) Fruit	Chicken Veggie Noodle Stirfry (egg-free) Fruit	Parmesan Garlic Buttery Pasta Bean Salad Fruit	Baked Chicken Fingers with Rice, Peas & Carrots Fruit	Spaghetti in tomato sauce with beef meatballs Garden Salad with Italian Dressing Fruit
Vegitarian Option (includes egg & dairy)	Potato & Cheddar Perogies with Sourcream	Tofu Veggie Noodle Stirfry (egg-free)	-	Baked Veggie Fingers with Rice, Peas & Carrots	Spaghetti in tomato sauce with veggie meatballs
Afternoon Snack	Arrowroot Cookies & Applesauce	WG Goldfish Crackers & Fruit	Pretzels & Veggies	WW Crackers and WOW Butter	Breadsticks with Cream cheese

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Session 3 (July 27 - August 7)

MENU WEEK 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Shreddies & Applesauce	Fruit Yogurt Cup & Granola	Mini Blueberry Scone & Fruit	Cheese & Crackers	Mini Muffin & Fruit
Lunch	Macaroni & Cheese with Squash Fruit	Honey Garlic Chicken with Rice Pilaf (carrots & peas) Fruit	Turkey Veggie Chili WW Bun Fruit	Beef Teriyaki with Brown Rice & Carrots Fruit	Pasta with Tomato Sauce, Veggies & Cheese Fruit
Vegitarian Option (includes egg & dairy)	-	Honey Garlic Tofu with Rice Pilaf (carrots & peas)	Veggie Chili	Tofu Teriyaki with Brown Rice & Carrots	-
Afternoon Snack	Digestive Cookies & Fruit	WW Mini Bagel with Cheddar Cheese	Veggie Pasta Salad	Fruit & Trail Mix (cheerios, pretzels, raisins & sunflower seeds)	Nachos, Tzatziki Dip & Veggies

MENU WEEK 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Cheerios & Fruit	Apple Cinnamon Mini Pita & Fruit	Mini Muffin & Fruit	½ Cheese Sandwich on WW Bread	Fruit Yogurt Tube & Rice Cake
Lunch	Chicken Curry with Spinach & Basmati Rice Fruit	Cheese Ravioli in Tomato Sauce Edamame Fruit	Salisbury Beef Meatballs with Noodles & Peas Fruit	Sweet & Sour Chicken with steamed rice Carrots (steamed) Fruit	Tuna Salad sandwich on a whole wheat bun Tomato Cucumber Salad Fruit
Vegitarian Option (includes egg & dairy)	Bean Curry with Spinach & Basmati Rice	-	Salisbury Veggie Meatballs with Noodles & Peas	Sweet & Sour Tofu with steamed rice	Veggie Cheese sandwich on a whole wheat bun
Afternoon Snack	Breadsticks with Creamcheese	Pretzels & Veggies	Arrowroot Cookies & Applesauce	WW Crackers and WOW Butter	WG Goldfish Crackers & Fruit

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Session 4 (August 10 - 21)

WEEK 1

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Shreddies & Fruit	Mini Muffin & Fruit	Mini Blueberry Scone & Fruit	Cheese & Crackers	Fruit Yogurt Cup & Granola
Lunch	Chicken Alfredo with Broccoli Fruit	Mac & Cheese Edamame (steamed) Fruit	Greek Chicken with Steamed Rice Corn Fruit	Beef Ziti & Carrots in tomato sauce Fruit	Chicken Veggie Fried Rice Fruit
Vegitarian Option (includes egg & dairy)	Alfredo with White Beans & Broccoli	-	Greek Tofu with Steamed Rice	Ziti in tomato sauce with Chickpeas & Carrots	Tofu Veggie Fried Rice
Afternoon Snack	Oatmeal Cookie & 100% Fruit Juice	Nachos, Tzatziki Dip & Veggies	Veggie Pasta Salad	Fruit & Trail Mix (cheerios, pretzels, raisins & sunflower seeds)	WW Mini Bagel with Cheddar Cheese

WEEK 2

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Cheerios & Fruit	Fruit Yogurt Tube & Rice Cake	Mini Muffin & Fruit	½ Cheese Sandwich on WW Bread	Cinnamon Raisin Mini Pita & Fruit
Lunch	Baked Fish with Potato Wedges Peas & Corn (steamed) Fruit	Chicken Veggie Noodle Stirfry (egg-free) Fruit	Parmesan Garlic Buttery Pasta Bean Salad Fruit	Baked Chicken Fingers with Rice, Peas & Carrots Fruit	Spaghetti in tomato sauce with beef meatballs Garden Salad with Italian Dressing Fruit
Vegitarian Option (includes egg & dairy)	Potato & Cheddar Perogies with Sourcream	Tofu Veggie Noodle Stirfry (egg-free)	-	Baked Veggie Fingers with Rice, Peas & Carrots	Spaghetti in tomato sauce with veggie meatballs
Afternoon Snack	Arrowroot Cookies & Applesauce	WG Goldfish Crackers & Fruit	Pretzels & Veggies	WW Crackers and WOW Butter	Breadsticks with Cream cheese

Halal options available

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