



SAMPLE MENU

AM Snack	Whole grain mini bagel with plain cream cheese Water	Cheerios cereal with raisins Milk	Plain yogurt with granola Water	Whole wheat toast and 100% fruit jelly Water	Mini banana muffins Milk
All am snacks are served with fresh fruit					
Lunch	Cauliflower + Pumpkin Mac and cheese Milk	Smashed chick pea and avocado wrap Milk	Pasta + "hidden veggies" tomato sauce Milk	Hummus + veggie wrap with tahini ranch dressing Milk	Black bean and cheddar cheese burritos Milk
Lunch daily is served with one variety of fresh vegetables and a fresh fruit					
PM Snack	Cucumbers with dip Water	Whole wheat crackers Water	Pretzels Water	Garden Veggie crackers Water	Hummus and whole wheat crackers Water
All pm snacks are served with fresh fruit					

- Milk - Fat Free or 1% (non-flavored) for ages 2 and older
- Peanut-managed
- Fresh Fruit choices - oranges, bananas, sliced apples, melons, watermelon, strawberries, grapes, cantaloupe or seasonal varieties.
- Fresh vegetable choices - steamed broccoli, peas, baby carrots, cucumbers, bell peppers
- Bread and Pasta - Whole grain options will be used whenever possible
- All cheese - to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella.
- Yogurt - fat-free or low-fat 1%
- Hydrogenated/partially hydrogenated vegetable oils are never used
- No fryers!