## Fall/Early Winter 2021 [September 7th - Jan 3, 2021]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	LABOR DAY	9/7/2021	9/8/2021	9/9/2021	9/10/2021
5	10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021 CLOSES AT 1:00PM
9	11/1/2021	11/2/2021	11/3/2021	11/4/2021	11/5/2021
13, 17	11/29/2021 & 12/27/2021**	11/30/2021 & 12/28/2021**	12/1/2021 & 12/29/2021**	12/2/2021 & 12/30/2021**	12/3/2021 & 12/31/2021 - CLOSED
10, 17	Rice Krispies Cereal	Muffin, Blueberry Vegan *WS	Bagel, Mini, Cream Cheese *MW	Oatmeal, Cinnamon *W	Kashi Heart to Heart, blueberry *W
MORNING SNACK	•	Honeydew Melon		Blueberries	
WORNING SNACK	Tangerine		Orange, slices		Cantaloupe
		Vanilla & Fruit Yogurt *M		Vanilla & Fruit Yogurt *M	
	Whole Wheat Spaghetti, Ground Beef			0.00 1.7 1 1.70 1 2.70	Grilled Cheese Sandwich, Whole Wheat
	Tomato Bolognese *W	Chicken Enchilada *MW		Grilled Teriyaki Tilapia, *FSW	Bread *MWV
LUNCH	Tomato Bolognese W	Black Base Osinas Calad Cilantes Bussinas a	D T		bread WWW
	Lentil Bolognese, WW Pasta *WV	Black Bean Quinoa Salad, Cilantro Dressing on		Grilled Teriyaki Tofu *SWV	Soup, Creamy Tomato *MWV
	zentii Bolognese) WW Tasta W	side *V	*MVW	ormed rerryam rora serv	soup, creamy romate
		<u> </u>	- 100 - 1	Garden Salad, Cucumbers, Tomato,	
SIDE	Spinach, sauteed	Carrots, Roasted	Cauliflower, Roasted	Italian Dressing on side *S	
SIDE				_	
		Corn, steamed kernels	Cucumber Dill Salad	Rice, Brown	
DESSERT	Cantaloupe	Watermelon	Cantaloupe	Clementine	Apple Slices
	Pears, slices	Apple Slices	Strawberries	Pears, slices	Smoothie, Banana Mango *M
A ETERNIO ON CNIA CV	rears, sinces	Apple slices	Strawberries	· '	Silloutille, Ballalla Maligo W
AFTERNOON SNACK	Animal Crackers *WS	Graham Crackers *WS	Humanus Dita *14/	Suzie's Thin Puffed Cakes Corn, Quinoa,	Tringuit *CM/
	Animai Crackers 1WS	Granam Crackers 'WS	Hummus, Pita *W	Sesame Crackers	Triscuit *SW
	0/42/2024	0/44/2024	0.45./2024		0/47/2024
Week 2	9/13/2021 10/11/2021 - CLOSED	9/14/2021 10/12/2021	9/15/2021 10/13/2021	9/16/2021 10/14/2021	9/17/2021 10/15/2021
6	11/8/2021	10/12/2021 11/9/2021	11/10/2021	10/14/2021 11/11/2021	10/15/2021 11/12/2021
10	12/6/2021 & 1/3/2021	12/7/2021 & 1/4/2021	12/8/2021 & 1/5/2021	11/11/2021 12/9/2021 & 1/6/2021	11/12/2021 12/10/2021 & 1/7/2021
14, 18					
	Chex Cereal *W	Muffin, Carrot *EMSW	English Muffin, Butter *MSW	Oatmeal *W	Kashi Go Lean Cereal *WS
MORNING SNACK	Orange, slices	Strawberries	Clementine	Banana	Pears, slices
		Vanilla & Fruit Yogurt *M		Vanilla & Fruit Yogurt *M	
	WW Spaghetti, Ground Beef Tomato		0 1 1011		all I v I by a limited
LUNC	Bolognese *W	Chicken Quesadilla, on side salsa *MSW	Curried Chickpeas & Potatoes *V	Salmon Cake *FSW	Chicken Veggie Pita Pocket *MSW
LUNCH	WW Spaghetti, Grilled Zucchini &				
		Vegetable Enchiladas*MVW		Lentil Dal *V	Lentil Quinoa Burger *WV
	Squash, Tomato Sauce *MVW				
SIDE	Broccoli, Carrots	Cauliflower, Roasted	Spinach, sauteed	Broccoli, Carrots	Garden Vegetable Rice Soup *MSV
_			Rice, Basmati	Cous Cous *W	
DESSERT	Apple Slices	Cantaloupe	Honeydew Melon	Strawberries	Fruit Salad
	Pears, Slices	Banana	Orange Slices	Apple Slices	Smoothie, Strawberry *M
AFTERNOON SNACK	1		_	1 * *	l i
	WW Crackers *SW	Carrot Sticks, Black Bean Dip	Hummus, Pita *W	Graham Cracker *WS	Animal Crackers *WS
Week 3	9/20/2021	9/21/2021	9/22/2021	9/23/2021	9/24/2021
7	10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021
11	11/15/2021	11/16/2021	11/17/2021	11/18/2021	11/19/2021
15	12/13/2021	12/14/2021	12/15/2021	12/16/2021	12/17/2021
	Corn Flakes *S	Muffin, Zucchini *EMSW	Bagel, Mini, Cream Cheese*MW	Oatmeal, Cinnamon *W	Kashi Go Lean Cereal *WS
MORNING SNACK	Cantaloupe	Banana	Pear, Slices	Apple Slices	Clementine
	•	Vanilla & Fruit Yogurt *M	•	Vanilla & Fruit Yogurt *M	
	Baked WW Pasta, Chicken, Tomato	Varinia & Francioguit IVI		Varinia & Fruit Toguit IVI	Grilled Cheese Sandwich, Whole Wheat
		Roasted Turkey, on side Gravy *W	Quinoa Cake, Green Sauce *MVW	Baked Tilapia, Lemon *SF	•
LUNCH	Sauce, Mozzarella Cheese *MW	, ,	•	• .	Bread *MWV
	baace, mozzarena eneese				
	, and the second	Posstad Tafu Strips *C\/		Grillod Tofu *CV	Soun Croamy Tomato *******
	Baked WW Pasta & Vegetables *MVW	Roasted Tofu Strips *SV		Grilled Tofu *SV	Soup, Creamy Tomato *MWV
	Baked WW Pasta & Vegetables *MVW	·	Cauliflower		Soup, Creamy Tomato *MWV
SIDE	, and the second	Quinoa		Asparagus, roasted	
	Baked WW Pasta & Vegetables *MVW Broccoli, steamed	Quinoa Baked Sweet Potato Fries	Corn, steamed kernels	Asparagus, roasted Cous Cous *W	Carrots, Steamed
SIDE DESSERT	Baked WW Pasta & Vegetables *MVW Broccoli, steamed Tangerine	Quinoa Baked Sweet Potato Fries Apple Slices	Corn, steamed kernels Cantaloupe	Asparagus, roasted Cous Cous *W Clementine	Carrots, Steamed Honeydew Melon
DESSERT	Baked WW Pasta & Vegetables *MVW Broccoli, steamed	Quinoa Baked Sweet Potato Fries	Corn, steamed kernels	Asparagus, roasted Cous Cous *W	Carrots, Steamed
	Baked WW Pasta & Vegetables *MVW Broccoli, steamed Tangerine	Quinoa Baked Sweet Potato Fries Apple Slices	Corn, steamed kernels Cantaloupe	Asparagus, roasted Cous Cous *W Clementine	Carrots, Steamed Honeydew Melon
DESSERT AFTERNOON SNACK	Baked WW Pasta & Vegetables *MVW Broccoli, steamed Tangerine Cream Cheese *M Animal Crackers *WS	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W
DESSERT  AFTERNOON SNACK  Week 4	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W 9/29/2021	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W 107172021
DESSERT  AFTERNOON SNACK  Week 4 8	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W 9/29/2021 10/27/2021	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021
DESSERT  AFTERNOON SNACK  Week 4 8 12	Baked WW Pasta & Vegetables *MVW Broccoli, steamed Tangerine Cream Cheese *M Animal Crackers *WS 9/27/2021 10/25/2021 11/22/2021	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W 9/29/2021	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W 107172021
DESSERT  AFTERNOON SNACK  Week 4 8	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/20/2021	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 12/21/2021	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W 9/29/2021 10/27/2021 11/24/21 CL0SS AT 4PM 12/22/2021	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021-cLOSED 12/23/2021	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED
DESSERT  AFTERNOON SNACK  Week 4 8 12 16	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 Rice Krispies Cereal	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W 9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021 Oatmeal *W	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W
DESSERT  AFTERNOON SNACK  Week 4 8 12	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/20/2021	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W 9/29/2021 10/27/2021 11/24/21 CL0SS AT 4PM 12/22/2021	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021 Oatmeal *W Blueberries	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED
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DESSERT  AFTERNOON SNACK  Week 4 8 12 16	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 Rice Krispies Cereal	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W 9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021 Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W
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DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Salmon *F  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bun *MSW
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DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 12/20/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato,	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021-CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Salmon *F  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV
DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK  LUNCH  SIDE	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 12/20/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato, Italian Dressing *S	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV Rice, Brown	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW Green Beans, steamed	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED 12/24/2021 - CLOSED Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted
DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK  LUNCH  SIDE  DESSERT	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato, Italian Dressing *S Cantaloupe	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS   9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV Rice, Brown Strawberries	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW Green Beans, steamed Honeydew Melon	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Salmon *F  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots Orange, slices	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted Pears, slices
DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK  LUNCH  SIDE	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato, Italian Dressing *S Cantaloupe Apple Slices	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV Rice, Brown Strawberries Banana	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW Green Beans, steamed Honeydew Melon Pears, slices	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Salmon *F  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots Orange, Slices Apple Slices	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted Pears, slices Smoothie, Banana *M
DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK  LUNCH  SIDE  DESSERT  AFTERNOON SNACK	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/20/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato, Italian Dressing *S Cantaloupe Apple Slices Graham Crackers *WS	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV Rice, Brown Strawberries Banana Carrot Sticks, Ranch *EMS	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW Green Beans, steamed Honeydew Melon Pears, slices Hummus, Pita *W	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Salmon *F  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots Orange, slices	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted Pears, slices Smoothie, Banana *M Animal Crackers *WS
DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK  LUNCH  SIDE  DESSERT  AFTERNOON SNACK  Organic non-rBGH 1% or Wi	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 12/20/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato, Italian Dressing *S Cantaloupe Apple Slices Graham Crackers *WS	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV Rice, Brown Strawberries Banana Carrot Sticks, Ranch *EMS  The following fresh fruits offered are organic: Apple, Pears	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW Green Beans, steamed Honeydew Melon Pears, slices Hummus, Pita *W , Peaches, and Strawberries.	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots Orange, Slices Apple Slices String Cheese *M	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted Pears, slices Smoothie, Banana *M Animal Crackers *WS Field Trip Bagged Lunch (24 hour notice required
DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK  LUNCH  SIDE  DESSERT  AFTERNOON SNACK  Organic non-rBGH 1% or Wi	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/20/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato, Italian Dressing *S Cantaloupe Apple Slices Graham Crackers *WS	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV Rice, Brown Strawberries Banana Carrot Sticks, Ranch *EMS  The following fresh fruits offered are organic: Apple, Pears	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW Green Beans, steamed Honeydew Melon Pears, slices Hummus, Pita *W	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Salmon *F  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots Orange, Slices Apple Slices	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted Pears, slices Smoothie, Banana *M Animal Crackers *WS Field Trip Bagged Lunch (24 hour notice requirer
DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK  LUNCH  SIDE  DESSERT  AFTERNOON SNACK  Organic non-rBGH 1% or Wi	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 12/20/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato, Italian Dressing *S Cantaloupe Apple Slices Graham Crackers *WS	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS  9/28/2021 10/26/2021 11/23/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV Rice, Brown Strawberries Banana Carrot Sticks, Ranch *EMS  The following fresh fruits offered are organic: Apple, Pears	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW Green Beans, steamed Honeydew Melon Pears, slices Hummus, Pita *W , Peaches, and Strawberries.	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots Orange, Slices Apple Slices String Cheese *M	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted Pears, slices Smoothie, Banana *M Animal Crackers *WS
DESSERT  AFTERNOON SNACK  Week 4 8 12 16  MORNING SNACK  LUNCH  SIDE  DESSERT  AFTERNOON SNACK  rganic non-rBGH 1% or Wince November 2015, all or	Baked WW Pasta & Vegetables *MVW Broccoli, steamed  Tangerine Cream Cheese *M Animal Crackers *WS  9/27/2021 10/25/2021 11/22/2021 11/22/2021 12/20/2021 Rice Krispies Cereal Pears, slices  Bow Tie Pasta w/ Ground Beef in Marinara, Mozarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MVW Garden Salad, Cucumbers, Tomato, Italian Dressing *S Cantaloupe Apple Slices Graham Crackers *WS  Whole Milk with Vit D = served at every meal pur cheeses, yogurt, milk offered and used in recipes a	Quinoa Baked Sweet Potato Fries Apple Slices Cheddar Cheese *M Graham Crackers *WS   9/28/2021 10/26/2021 11/23/2021 12/21/2021 Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M Chicken & Broccoli Stir-Fry *WS  Tofu, Broccoli Stir Fry *WSV Rice, Brown Strawberries Banana Carrot Sticks, Ranch *EMS The following fresh fruits offered are organic: Apple, Pears re organic.	Corn, steamed kernels Cantaloupe Strawberries Hummus, Pita *W  9/29/2021 10/27/2021 11/24/21 CLOSES AT 4PM 12/22/2021 English Muffin, Butter *MSW Orange, slices  3 Cheese Lasagna *MVW Green Beans, steamed Honeydew Melon Pears, slices Hummus, Pita *W , Peaches, and Strawberries. **Winter Camp at C Bidg only	Asparagus, roasted Cous Cous *W Clementine Apple Sauce String Cheese *M  9/30/2021 10/28/2021 11/25/2021 - CLOSED 12/23/2021  Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M  Grilled Salmon *F  Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots Orange, slices Apple Slices String Cheese *M  *V = vegetarian entrée	Carrots, Steamed Honeydew Melon Smoothie, Banana Blueberry *M Mary's Gone Crackers *W  10/1/2021 10/29/2021 11/26/2021 - CLOSED 12/24/2021 - CLOSED Chex Cereal *W Strawberries  Lemon Herb and Chicken Burger, WW Bur *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted Pears, slices Smoothie, Banana *M Animal Crackers *WS  Field Trip Bagged Lunch (24 hour notice require Turkey or Veg Sandwich on WW Bread or Wr