

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	9/7/2021 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 CLOSING 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
MORNING SNACK	Rice Krispies Cereal Tangerine	Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M	Bagel, Mini, Cream Cheese *MW Orange, slices	Oatmeal, Cinnamon *W Blueberries Vanilla & Fruit Yogurt *M	Kashi Heart to Heart, blueberry *W Cantaloupe
LUNCH	Whole Wheat Spaghetti, Ground Beef Tomato Bolognese *W Lentil Bolognese, WW Pasta *WV	Chicken Enchilada *MW Black Bean Quinoa Salad, Cilantro Dressing on side *V	Penne, Tomato Sauce, Mozzarella Cheese *MWV	Grilled Teriyaki Tilapia, *FSW Grilled Teriyaki Tofu *SWV	Grilled Cheese Sandwich, Whole Wheat Bread *MWV Soup, Creamy Tomato *MWV
SIDE	Spinach, sauteed	Carrots, Roasted	Cauliflower, Roasted	Garden Salad, Cucumbers, Tomato, Italian Dressing on side *S	
DESSERT	Cantaloupe	Corn, steamed kernels Watermelon	Cucumber Dill Salad Cantaloupe	Rice, Brown Clementine	Apple Slices
AFTERNOON SNACK	Pears, slices Animal Crackers *WS	Apple Slices Graham Crackers *WS	Strawberries Hummus, Pita *W	Pears, slices Suzie's Thin Puffed Cakes Corn, Quinoa, Sesame Crackers	Smoothie, Banana Mango *M Triscuit *SW
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	11/9/2021	11/10/2021	11/11/2021	11/12/2021
10	12/6/2021 & 1/3/2021	12/7/2021 & 1/4/2021	12/8/2021 & 1/5/2021	12/9/2021 & 1/6/2021	12/10/2021 & 1/7/2021
14, 18					
MORNING SNACK	Cheerios Cereal *W Orange, slices	Muffin, Carrot *EMSW Strawberries Vanilla & Fruit Yogurt *M	English Muffin, Butter *MSW Clementine	Oatmeal *W Banana Vanilla & Fruit Yogurt *M	Kashi Go Lean Cereal *WS Pears, slices
LUNCH	WW Spaghetti, Ground Beef Tomato Bolognese *W WW Spaghetti, Grilled Zucchini & Squash, Tomato Sauce *MWV Broccoli, Carrots	Chicken Quesadilla, on side salsa *MSW Vegetable Enchiladas *MWV Cauliflower, Roasted	Curried Chickpeas & Potatoes *V Spinach, sauteed Rice, Basmati Honeydew Melon	Salmon Cake *FSW Lentil Dal *V Broccoli, Carrots Cous Cous *W Strawberries	Chicken Veggie Pita Pocket *MSW Lentil Quinoa Burger *WV Garden Vegetable Rice Soup *MSV
SIDE					
DESSERT	Apple Slices	Cantaloupe			Fruit Salad
AFTERNOON SNACK	Pears, Slices WW Crackers *SW	Banana Carrot Sticks, Black Bean Dip	Orange Slices Hummus, Pita *W	Apple Slices Graham Cracker *WS	Smoothie, Strawberry *M 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
MORNING SNACK	Corn Flakes *S Cantaloupe	Muffin, Zucchini *EMSW Banana Vanilla & Fruit Yogurt *M	Bagel, Mini, Cream Cheese *MW Pear, Slices	Oatmeal, Cinnamon *W Apple Slices Vanilla & Fruit Yogurt *M	Kashi Go Lean Cereal *WS Clementine
LUNCH	Baked WW Pasta, Chicken, Tomato Sauce, Mozzarella Cheese *MW Baked WW Pasta & Vegetables *MWV Broccoli, steamed	Roasted Turkey, on side Gravy *W Roasted Tofu Strips *SV Quinoa Baked Sweet Potato Fries Apple Slices	Quinoa Cake, Green Sauce *MWV Cauliflower Corn, steamed kernels Cantaloupe	Baked Tilapia, Lemon *SF Grilled Tofu *SV Asparagus, roasted Cous Cous *W Clementine	Grilled Cheese Sandwich, Whole Wheat Bread *MWV Soup, Creamy Tomato *MWV Carrots, Steamed Honeydew Melon
SIDE					
DESSERT	Tangerine				
AFTERNOON SNACK	Cream Cheese *M Animal Crackers *WS	Cheddar Cheese *M Graham Crackers *WS	Strawberries Hummus, Pita *W	Apple Sauce String Cheese *M	Smoothie, Banana Blueberry *M Mary's Gone Crackers *W
Week 4	9/27/2021	9/28/2021	9/29/2021	9/30/2021	10/1/2021
8	10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021
12	11/22/2021	11/23/2021	11/24/2021 CLOSING AT 4PM	11/25/2021 - CLOSED	11/26/2021 - CLOSED
16	12/20/2021	12/21/2021	12/22/2021	12/23/2021	12/24/2021 - CLOSED
MORNING SNACK	Rice Krispies Cereal Pears, slices	Muffin, Blueberry Vegan *WS Honeydew Melon Vanilla & Fruit Yogurt *M	English Muffin, Butter *MSW Orange, slices	Oatmeal *W Blueberries Vanilla & Fruit Yogurt *M	Cheerios Cereal *W Strawberries
LUNCH	Bow Tie Pasta w/ Ground Beef in Marinara, Mozzarella *MW Penne, Tomato Sauce, Mozzarella Cheese *MWV Garden Salad, Cucumbers, Tomato, Italian Dressing *S Cantaloupe	Chicken & Broccoli Stir-Fry *WS Tofu, Broccoli Stir Fry *WSV Rice, Brown	3 Cheese Lasagna *MWV Green Beans, steamed	Grilled Salmon *F Grilled Eggplant Cutlet, Cheese, Tomato Sauce *MWV Rice, Brown Peas, Carrots Orange, slices	Lemon Herb and Chicken Burger, WW Bun *MSW Grilled Veggie Burgers, WW Buns *WSV Soup, Minestrone *WV Cauliflower, Roasted Pears, slices
SIDE					
DESSERT		Strawberries	Honeydew Melon		
AFTERNOON SNACK	Apple Slices Graham Crackers *WS	Banana Carrot Sticks, Ranch *EMS	Pears, slices Hummus, Pita *W	Apple Slices String Cheese *M	Smoothie, Banana *M Animal Crackers *WS
<div> <div> Organic non-BGH 1% or Whole Milk with Vit D = served at every meal Since November 2015, all our cheeses, yogurt, milk offered and used in recipes are organic. Allergen * E = Eggs * F = Fish Products </div> <div> The following fresh fruits offered are organic: Apple, Pears, Peaches, and Strawberries. **Winter Camp at C Bldg only * M = Milk * N = Nuts </div> <div> * V = vegetarian entrée WW = whole wheat * S = Soy Products * SF = Shellfish * W = Wheat Products </div> <div> Field Trip Bagged Lunch (24 hour notice required) Turkey or Veg Sandwich on WW Bread or Wrap Chips, Whole Fruit, Cookie, Bottled Water Snacks to include: Granola Bars/Fruit Cup </div> </div>					