

Fall - Early Winter (August 29 to December 23, 2022)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022
5	9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
9	10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
13	11/21/2022	11/22/2022	11/23/22 Early Closing 4pm	11/24/22 Thanksgiving CLOSED	11/25/22 Thanksgiving CLOSED
17	12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022
MORNING SNACK	Kashi Heart to Heart *W Fruit Salad	Oatmeal, Cinnamon *W Banana Plain, Vanilla or Strawberry Yogurt *M	Bagel, Mini, Cream Cheese *MW Clementine	Oatmeal *W Strawberries Plain, Vanilla or Strawberry Yogurt *M	Corn Flakes *S Mixed Berries
LUNCH	No-Nut Pesto Chicken and Bow Tie Pasta with Roasted Squash *MW Pasta with No-Nut Tofu Pesto *MS	Roasted Turkey, on side Gravy *W Roasted Tofu Strips *SV	Chickpea, Quinoa, Vegetable Patty/Cake *SWV	Fish Taco with Tomatoes, Lime and Cilantro with Corn Tortilla *F Vegetable Taco, Pico, Crema, WW Wrap *MSWV	Turkey Burger *SW Lentil Quinoa Burger *SWV
SIDE	Broccoli, steamed	Potatoes, mashed Cauliflower, Roasted	Greek Salad w Feta Cheese *M	Black Beans & Rice	Soup, Broccoli & Cheese *MSW
DESSERT	Honeydew Melon Clementine	Cantaloupe	Mixed Berries	Grapefruit	Pears, slices
AFTERNOON SNACK	Animal Crackers *WS	Graham Crackers *WS Cream Cheese *M	Pears, slices Hummus, Pita *W	Cantaloupe Pretzels *SW	Smoothie, Strawberry *M Carrot Sticks, Ranch *EMS
Week 2	9-5-22 -- Labor Day CLOSED	9/6/2022	9/7/2022	9/8/2022	9/9/2022
6	10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/22 Teacher Training, Closing at 1:00pm
10	10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
14	11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
MORNING SNACK	Rice Krispies Cereal Pears, slices	Oatmeal *W Strawberries Plain, Vanilla or Strawberry Yogurt *M	English Muffin, Butter & No-Added Sugar Jam *MSW Mixed Berries	Oatmeal, Cinnamon *W Apple Slices Plain, Vanilla or Strawberry Yogurt *M	Chex Cereal Cantaloupe
LUNCH	Lemon Turkey and WW Pasta *SW Broccoli, Garlic, Lemon, WW Pasta *EMWV	Chicken, Spinach, and Corn Quesadilla, on side salsa *MSW Black Bean and Spinach Enchilada *V	Curried Chickpeas & Potatoes *V	Potato Fish Cakes, Clam Sauce on Side *FMS Lentil Loaf, on side Gravy *WSV	No-Nut Pesto Chicken, Spinach, Reduced Fat Swiss Panini *MSW Grilled Eggplant Parmesan Panini *MSWV
SIDE	Garden Salad, Cucumbers, Tomato, Italian Dressing on side *S	Peas, Carrots	Spinach, sauteed	Zucchini & Squash Medley	Soup, Garden Vegetable Rice *MS
DESSERT	Apple Slices	Clementine	Rice, Basmati Banana	Sweet Potatoes, mashed *M Mixed Berries	Orange, slices
AFTERNOON SNACK	Honeydew Melon Whole Wheat Crackers, Cheese *SWDO	Banana Cucumber, Tzatziki *M	Apple Slices Cottage Cheese *M	Pears, slices Graham Cracker WS	Smoothie, Banana *M Rice Crackers
Week 3	9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
7	10/10/2022 -- Columbus Day CLOSED	10/11/2022	10/12/2022	10/13/2022	10/14/2022
11	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
15	12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
MORNING SNACK	Grain Berry Bran Flakes *W Orange, slices	Oatmeal, Cinnamon *W Banana Plain, Vanilla or Strawberry Yogurt *M	Bagel, Mini, Cream Cheese *MW Clementine	Oatmeal *W Banana Plain, Vanilla or Strawberry Yogurt *M	Kashi Go Lean Cereal *WS Orange, slices
LUNCH	Baked WW Pasta, Chicken, Tomato Sauce, Mozzarella Cheese *MW Whole Wheat Linguine, Marinara Sauce *WV	Teriyaki Chicken Breast *WS Creamy Lentil & Bean Dal *MV	Mac & Cheese w Tomatoes & Broccoli *MSWV	Fish Taco with Tomatoes, Lime and Cilantro with Corn Tortilla *F Vegetable Taco, Pico, Crema, WW Wrap *MSWV	Grilled Cheese Sandwich, WW Bread *MWV Soup, Creamy Tomato *MW
SIDE	Grilled Tofu *SV	Rice, Basmati	Green Beans, steamed	Black Beans & Rice	Broccoli, Carrots
DESSERT	Carrots, Roasted Honeydew Melon	Green Beans, steamed Apple Slices	Cauliflower, Roasted Strawberries	Mixed Berries	Fruit Salad
AFTERNOON SNACK	Cantaloupe Animal Crackers *WS	Graham Crackers *WS Cream Cheese *M	Pears, slices Rice Crackers	Apple Sauce Pretzels *SW	Smoothie, Strawberry *M Cucumber, Tzatziki *M
Week 4	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
8	10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
12	11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
16	12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022
MORNING SNACK	Chex Cereal Pears, slices	Oatmeal *W Mixed Berries Plain, Vanilla or Strawberry Yogurt *M	English Muffin, Butter & No-Added Sugar Jam *MSW Strawberries	Oatmeal, Cinnamon *W Apple Sauce Plain, Vanilla or Strawberry Yogurt *M	Corn Flakes *S Strawberries
LUNCH	Bow Tie Herbed Pasta with Grilled Lemon Chicken *W Bow Tie Herbed Pasta with Grilled Lemon Tofu *SWV	Turkey Chili Black and White Bean Vegetable Chili *V	Tofu, Broccoli Stir Fry *SWV	Baked Salmon, No-nut Pesto Crumbs *FMSW Lemon Herb Grilled Tofu *SV	Grilled Chicken Parmesan on Whole Wheat Sandwich Thin *MSW Grilled Eggplant Parmesan Panini *MSWV
SIDE	Broccoli, steamed	Bell peppers, Roasted	Rice, Brown	Potatoes, mashed	Soup, Hearty Lentil Minestrone Soup *W
DESSERT	Cantaloupe	Baked Sweet Potato Fries Tangerine	Corn, steamed kernels Banana	Cucumber Dill Salad Cantaloupe	Apple Slices
AFTERNOON SNACK	Banana WW Crackers, Cheese *MSW	Honeydew Melon String Cheese *M	Pears, slices Hummus, Pita *W	Clementine Rice Crackers	Smoothie, Banana Blueberry *M Triscuit *SW

Organic non-RBGH 1% or Whole Milk with Vit D is served at every meal
 Since November 2015, all our cheeses, yogurt, milk offered and used in recipes are organic.
 The following fresh fruits offered on the menu are also organic: Apple, Pears, Peaches, and Strawberries.

Allergen Abbreviations

* M = Milk
 * SF = Shellfish
 * E = Eggs
 * N = Nuts
 * S = Soy Products
 * F = Fish Products
 * W = Wheat Products
 * V = Vegetarian Entrée

Packed Lunch - When a class goes on a field trip, we will offer this packed lunch:

Class Field Trip Bagged Lunches (24 hour notice required)
 Turkey or Veg Sandwich on Whole Wheat Bread or Wrap
 Chips, Whole Fruit, Cookie, Bottled Water
 Snacks to include: Granola Bars/Fruit Cup

WW = whole wheat