



# Over the Rainbow

# Week 1

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Fresh Apples	Bananas	Orange Slices	Melon	Bananas
Grain-Bread	Cinnamon Toast Cereal	French Toast	Chex	Waffles	Toasty O's
Age Appropriate Sub.					
LUNCH	Mac 'N Cheese w/ diced Ham	Chicken Nuggets	Turkey, Gravy & Mashed Potato's	Chicken Quesadilla	Cheese Pizza
Meat-Meat Alternate	Diced Ham	Chicken Nuggets	Turkey & Gravy	Diced Chicken	
				Shredded Cheese	Cheese
Grain-Bread	Mac 'N Cheese			Flour Tortilla	Pizza crust
Fruit-Vegetable [1]	Peas	Carrots	Mashed Potato's	Vegetarian Beans, Salsa	Salad
Fruit-Vegetable [2]	Peaches	Strawberries	Bananas	Pineapple	Melon
Milk	Milk	Milk	Milk	Milk, Sour Cream	Milk
Age Appropriate Sub.					
PM SNACK					
Milk		Ranch Dressing	Strawberry Yogurt	Cheese sticks	
Meat-Meat Alternate					
Fruit-Vegetable					Salsa
		Fresh Vegetables			
Grain-Bread	Graham Crackers				Chips
Age Appropriate Sub.		Steamed Vegetables			

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.



# Over the Rainbow

# Week 2

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Apple Slices	Pears	Oranges	Mixed Fruit
Grain-Bread	Toasty O's	Pancakes	Bagel w/cream cheese	Waffles	Cinnamon Toast cereal
Age Appropriate Sub.					
LUNCH	Spaghetti w/Meat Sauce	Turkey Tacos	Ham & Cheese Sandwich	Cheeseburger	Grilled Cheese
Meat-Meat Alternate	Turkey Meat	Ground Turkey	Ham	Burger	Cheese
Grain-Bread	Pasta	Tortilla	Bread	Bun	Bread
Fruit-Vegetable [1]	Green Beans	Corn, Salsa	Broccoli	Peas	Tomato Soup
Fruit-Vegetable [2]	Pears	Peaches	Mixed Fruit	Pineapple	Oranges
Milk	Milk	Milk, Sour Cream, Shredded Cheese	Milk & Cheese	Milk, Cheese	Milk
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt			Cheese	
Meat-Meat Alternate					
Fruit-Vegetable	Pineapple		Apple Slices		
Grain-Bread		Cereal Mix		Crackers	Graham Crackers
Age Appropriate Sub.					

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# Over the Rainbow

# Week 3

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Bananas	Melon	Oranges	Apples
Grain-Bread	Rice Krispies	French Toast Sticks	Chex	Pancakes	Cinnamon Toast Crunch
Age Appropriate Sub.					
LUNCH	Macaroni & Cheese with	Meat Ball Sub	Meat Loaf	Grilled Chicken Sandwich	Pizza
Meat-Meat Alternate	Diced Ham	Meat Balls	Beef Loaf	Chicken Breast	Cheese
	Cheese Sauce				
Grain-Bread	Pasta	Roll		Roll	Pizza dough
Fruit-Vegetable [1]	Broccoli	Fries	Peas	Corn	Salad
Fruit-Vegetable [2]	Oranges	Apples	Strawberries	Peaches	Melon
Milk	Milk	Milk, Shredded Cheese	Milk	Milk	Milk, Shredded Cheese
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt		Cheese		
Meat-Meat Alternate					
Fruit-Vegetable				Celery	
	Pineapple				
Grain-Bread		Goldfish	Crackers	Cream Cheese	Graham Crackers
				Steamed Vegetables	

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# Over the Rainbow

# Week 4

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Apple Sauce	Mixed Fruit	Oranges	Pears
Grain-Bread	Toasty O's	Waffles	Chex	Pancakes	Granola
Age Appropriate Sub.					
LUNCH	Cheese Ravioli	Chicken & Rice Casserole	Turkey Sandwich	Egg Sandwich	Homemade Chicken Noodle Soup
Meat-Meat Alternate		Chicken	Sliced Turkey	Egg Patty	Chicken
		Cream of Chicken Soup			
Grain-Bread	Pasta	Rice	Wheat Bread	Bun	Roll, Pasta
Fruit-Vegetable [1]	Broccoli & Tomato Sauce	Peas & Carrots	Green Beans	Corn	Salad
Fruit-Vegetable [2]	Oranges	Pears	Apple Slices	Peaches	Mixed Fruit
Milk	Milk & Cheese	Milk	Milk & Cheese	Milk, Cheese	Milk
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt				
Meat-Meat Alternate				Cheese	
Fruit-Vegetable					
	Peaches	Vegetables & Ranch Dressing	Cheez-its		
Grain-Bread				Crackers	Pretzels
Age Appropriate Sub		Steamed Carrots			

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