



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	Strawberries	Apples
Grain-Bread	Kix	WG French Toast	Chex	WG Waffles	Toasty O's
Age Appropriate Sub.					
LUNCH	Ham and Cheese Toasty	Honey Mustard Chicken Dippers	Turkey, Gravy & Mashed Potato's	Chicken Quesadilla	Cheese Pizza
Meat-Meat Alternate	Sliced Ham	Grilled Chicken Nuggets	Turkey & Gravy	Diced Chicken	Cheese
	Sliced Cheese			Shredded Cheese	
Grain-Bread	WG Croissant	WG Hawaiian Roll	WG Roll	WG Flour Tortilla	WG Pizza crust
Fruit-Vegetable [1]	Peas	Carrots	Mashed Potato's	Corn, Salsa	Salad
Fruit-Vegetable [2]	Oranges	Strawberries	Bananas	Pineapple	Cantaloupe
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.					
		Honey Mustard Dressing		Sour Cream	
PM SNACK					
Milk	Milk				
Meat-Meat Alternate			Strawberry Yogurt	Cheese Stick	
Fruit-Vegetable					Salsa
					Mango
Grain-Bread	Graham Crackers	WG Soft Pretzels	WG Granola	WG Crackers	WG Tortilla Chips
Age Appropriate Sub.					

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	WG Pancakes	WG Bagel w/cream cheese	WG Waffles	Kix
Age Appropriate Sub.					
LUNCH	Chicken Salad Flatbread	Turkey Tacos	Spaghetti w Meatballs	Cheeseburger	Grilled Cheese
Meat-Meat Alternate	Chicken Salad	Turkey Crumbles	Chicken Meatballs	Beef Burger	Sliced Cheese
		Shredded Cheese		Sliced Cheese	
Grain-Bread	WG Flatbread	WG Tortilla	WG Pasta	WG Bun	WG Bread
Fruit-Vegetable [1]	Green Beans	Adobo Corn, Salsa	Tomato Sauce	Broccoli	Tomato Soup
Fruit-Vegetable [2]	Pears	Mango	Mixed Fruit	Pineapple	Oranges
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.					
		Sour Cream			
PM SNACK					
Milk					
Meat-Meat Alternate	Vanilla Yogurt		Sun Butter	Cheese Stick	
	Pineapple		Apple Slices		
Grain-Bread		WG Cereal Mix		WG Crackers	WG Belgian Waffle
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	Apples	Oranges	Apples
Grain-Bread	Rice Krispies	WG French Toast Sticks	Chex	WG Pancakes	Kix
Age Appropriate Sub.					
LUNCH	Macaroni & Cheese with Ham	Taco Tuesday	Chicken and Rice Casserole	Meat Loaf	Pizza
Meat-Meat Alternate	Diced Ham	Turkey	Diced Chicken		Cheese
	Cheese Sauce	Cheese			
Grain-Bread	WG Pasta	WG Tortilla	Brown Rice	WG Roll	
Fruit-Vegetable [1]	Broccoli	Corn	Peas & Carrots	Cauliflower	Salad
Fruit-Vegetable [2]	Oranges	Strawberries	Bananas	Pineapple	Cantaloupe
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.					
		Salsa, sour cream	Cream of Chicken Soup	Beef Gravey	Marinara
PM SNACK					
Milk				Milk	
Meat-Meat Alternate	Vanilla Yogurt		Cheese Stick		
Fruit-Vegetable		Fresh Vegetables w/ Ranch			Applesauce
	Pineapple				
Grain-Bread		Goldfish	WG Crackers	Animal Crackers	Graham Crackers

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	WG Waffles	Chex	WG Pancakes	WG Granola
Age Appropriate Sub.					
LUNCH	Polish Pierogies	Chicken & Rice Casserole	Turkey Sandwich	Egg Sandwich	Chicken Tender Wrap
Meat-Meat Alternate	Pierogi Filling	Chicken	Sliced Turkey	Egg Patty	Chicken Tenders
		Cream of Chicken Soup	Sliced Cheese	Sliced Cheese	Shredded Cheese
Grain-Bread	WG Shell	Brown Rice	WG Bread	WG Croissant	WG Tortilla
Fruit-Vegetable [1]	Broccoli	Peas & Carrots	Green Beans	Corn	Salad
Fruit-Vegetable [2]	Oranges	Pears	Apple Slices	Peaches	Mixed Fruit
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.					
PM SNACK					
Milk					
Meat-Meat Alternate	Vanilla Yogurt			Cheese Stick	
Fruit-Vegetable			Salsa		
	Peaches	Fresh Vegetables w/ Ranch Dressing	Pineapple		
Grain-Bread			WG Tortilla Chips	WG Crackers	Pretzels
Age Appropriate Sub		Steamed Carrots			Applesauce

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 unflavored whole milk. After 24 months, all children are served 1% unflavored milk.