



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Assorted Cereal (Milk optional) & Seasonal Fruit  <i>Substitute:</i> No milk or alternative milk provided by parent	Yogurt with Granola and Mixed Berries  <i>Substitute:</i> - Oatmeal and Mixed Berries - Coconut Vegan Yogurt and Mixed Berries	Cheese Omelet with English Muffin and Seasonal Fruit  <i>Substitute:</i> Omelet with Lactose free Cheese English Muffin and Seasonal Fruit  English Muffin with Plant Based Cream Cheese	Blueberry Waffles with Maple Syrup and Seasonal Fruit  <i>Substitute:</i> No Substitute Required	Whole Wheat Bagels with Jam or Cream Cheese & Seasonal Fruit  <i>Substitute:</i> Whole Wheat Bagels with Plant Based Cream Cheese or Vegan Margarine
	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>Lunch</b>	Cheese Pizza on Whole Wheat Flatbread with Cucumbers and Turkey Kielbasa  <i>Substitute:</i> Lactose Free Cheese Pizza on Whole Wheat Flatbread with Cucumbers  Dairy Free Cheese Pizza on Whole Wheat Flatbread with Cucumbers	Grilled Cheese Sandwiches on Whole Wheat Bread & Tomato and Cucumber salad  <i>Substitute:</i> Oven Roasted Turkey Sandwich on Whole Wheat Bread & Tomato and Cucumber Salad  Veggies Turkey Slices on Whole Wheat Bread & Tomato and Cucumber Salad	Chicken Burgers on a Whole Wheat Bun with Corn  <i>Substitute:</i> Veggies Burger on a Whole Wheat Bun with Corn	Whole Wheat Pasta with Ground Beef Tomato Sauce & Pea and Carrot Mix  <i>Substitute:</i> Pasta with Veggie Ground Round Tomato Sauce & Pea and Carrot Mix	Breaded Fish with Rice & Peas and Carrot Blend  <i>Substitute:</i> Veggie Nuggets with Rice & Peas and Carrot Blend
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>PM Snack</b>	Homemade Trail Mix & Cheese Cubes  <i>Substitute:</i> Homemade Trail Mix & Lactose Free Cheese Cubes Homemade Trail Mix and Dairy Free Cheddar Cubes	Mini Croissants with Cream Cheese & Seasonal Fruit  <i>Substitute:</i> Mini Croissants with Lactose Free Cream Cheese & Seasonal Fruit Mini Croissants with Plant based Cream Cheese & Seasonal Fruit	Oat Bars with Applesauce  <i>Substitute:</i> No Substitute Required	Arrowroot Cookies, Yogurt & Seasonal Fruit  <i>Substitute:</i> Arrowroot Cookies, Coconut Vegan Yogurt & Seasonal Fruit	Soda Crackers & Cheese Cubes  <i>Substitute:</i> Soda Crackers with Lactose Free Cheese Cubes Soda Crackers with Plant Based Cheese Cubes
	Water	Water	Water	Water	Water

Water will be available for children throughout the day.



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Assorted Cereal (Milk optional) & Seasonal Fruit  <i>Substitute:</i> No milk or alternative milk provided by parent	French Toast with Maple Syrup & Yogurt  <i>Substitute:</i> French Toast with Maple Syrup & Coconut Vegan Yogurt	Cinnamon Raisin Toast with Butter or Jam & Seasonal Fruit  <i>Substitute:</i> Cinnamon Raisin Toast with Vegan Margarine or Jam & Seasonal Fruit	Whole Wheat Bagels with Jam or Cream Cheese and Seasonal Fruit  <i>Substitute:</i> Whole Wheat Bagels with Jam or Lactose Free Cream Cheese and Seasonal Fruit  Whole Wheat Bagels with Jam or Plant Based Cream Cheese and Seasonal Fruit	Homemade Carrot Loaves & Seasonal Fruit  <i>Dairy Substitute:</i> No Substitute Required
	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>Lunch</b>	Spinach, Ham and Cheese Omelettes with Buttered Crumpets  <i>Substitute:</i> Lactose Free or Plant Based Cheese and Vegan Margarine on Crumpet	Chicken and Spinach Whole Wheat Pasta in Tomato Sauce  <i>Substitute:</i> Spinach Whole Wheat Pasta in Tomato Sauce	Turkey and Cheese Sandwiches on Whole Wheat Bread with Tomato and Cucumber Salad  <i>Substitute:</i> Turkey and Lactose Free Cheese Sandwiches on Whole Wheat Bread with Tomato and Cucumber Salad  Plant Based Turkey Slices and Vegan Cheese Sandwiches on Whole Wheat Bread with Tomato and Cucumber Salad	Creamy Vegetable Soup with Rice and Buttered Dinner Rolls  <i>Substitute:</i> Vegan Margarine on Dinner Roll	Chicken Stir Fry with Whole Grain Rice & Peas and Carrot Blend  <i>Substitute:</i> Vegan Nuggets Stir Fry with Whole Grain Rice & Peas and Carrot Blend
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>PM Snack</b>	Goldfish with Cheddar Cheese & Seasonal Fruit  <i>Substitute:</i> Goldfish with Lactose Free Cheddar Cheese & Seasonal Fruit  Goldfish with Plant Based Cheddar Cheese & Seasonal Fruit	Blueberry Muffins & Seasonal Fruit  <i>Substitute:</i> No Substitute Required	Hummus with Naan Bread & Seasonal Fruit  <i>Substitute:</i> No Substitute Required	Granola Bars with Applesauce  <i>Substitute:</i> No Substitute Required	Turkey Kielbasa with Cheese & Soda Crackers  <i>Substitute:</i> Turkey Kielbasa with Lactose Free Cheese & Soda Crackers Vegan Turkey Slices with Plant Based Cheese & Soda Crackers
	Water	Water	Water	Water	Water

Water will be available for children throughout the day.



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Assorted Cereal (Milk optional) & Seasonal Fruit  <i>Substitute:</i> No milk or alternative milk provided by parent	Omelette with Whole Wheat Toast & Seasonal Fruit  <i>Substitute:</i> Whole Wheat Toast with Plant Based Margarine & Seasonal Fruit	Waffles with Maple Syrup & Seasonal Fruit  <i>Substitute:</i> No Substitute Required	Yogurt Parfait (Yogurt, Granola and berries)  <i>Substitute:</i> Coconut Yogurt Parfait (Coconut Yogurt, Granola, and Berries)	Whole Wheat Bagels with Jam or Cream Cheese and Seasonal Fruit  <i>Substitute:</i> Whole Wheat Bagels with Jam or Lactose Free Cream Cheese and Seasonal Fruit  Whole Wheat Bagels with Jam or Coconut Cream Cheese and Seasonal Fruit
	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>Lunch</b>	Cheese Pizza on Whole Wheat Flatbread with Cucumbers and Turkey Kielbasa  <i>Substitute:</i> Lactose Free Cheese Pizza on Whole Wheat Flatbread with Cucumbers and Turkey Kielbasa  Plant Based Cheese Pizza on Whole Wheat Flatbread with Cucumbers and Vegan Bacon	Whole Wheat Pasta with Ground Beef Tomato Sauce & Sweet peas  <i>Substitute:</i> Pasta with Veggie Ground Round Tomato Sauce & Pea and Carrot Mix	Chicken Nuggets with Buttered Dinner Roll & Corn  <i>Substitute:</i> Vegan Chick n' Nuggets with Vegan Margarine on a Dinner Roll & Corn	Grilled Cheese Sandwiches on Whole Wheat Bread & Tomato and Cucumber salad  <i>Substitute:</i> Plant Based Turkey Sandwich on Whole Wheat Bread & Tomato and Cucumber salad	Fish with Whole Grain Rice & Peas and Carrot Blend  <i>Substitute:</i> Veggie Nuggets with Rice & Peas and Carrot Blend
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>PM Snack</b>	Nutrigrain Bars with Yogurt & Seasonal fruit  <i>Substitute:</i> Nutrigrain Bars with Coconut Yogurt & Seasonal fruit	Apple Slices with Cheddar Cheese & Whole Wheat Crackers  <i>Substitute:</i> Apple Slices with Lactose Free Cheddar Cheese & Whole Wheat Crackers  Apple Slices with Plant Based Cheddar Cheese & Whole Wheat Crackers	Teddy Grahams or Arrowroot Cookies with diced peaches  <i>Substitute:</i> No Substitute Required	Cream Cheese on Naan Bread with Cucumbers  <i>Substitute:</i> Lactose Free Cream Cheese on Naan Bread with Cucumbers  Plant Based Cream Cheese on Naan Bread with Cucumbers	Banana Muffins & Seasonal Fruit  <i>Substitute:</i> No Substitute Required
	Water	Water	Water	Water	Water

Water will be available for children throughout the day.



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Assorted Cereal (Milk optional) & Seasonal Fruit  <i>Substitute:</i> No milk or alternative milk provided by parent	Whole Wheat English Muffins with Jam, Butter or Cream Cheese & Seasonal Fruit  <i>Substitute:</i> Whole Wheat English Muffins with Jam, Butter or Lactose Free Cream Cheese & Seasonal Fruit  Whole Wheat English Muffins with Jam, Butter or Plant Based Cream Cheese & Seasonal Fruit	Whole Wheat Bagels with Jam or Cream Cheese and Seasonal Fruit  <i>Substitute:</i> Whole Wheat Bagels with Jam or Lactose Free Cream Cheese and Seasonal Fruit  Whole Wheat Bagels with Jam or Plant Based Cream Cheese and Seasonal Fruit	French Toast with Maple Syrup & Yogurt  <i>Substitute:</i> French Toast with Maple Syrup & Coconut Yogurt	Yogurt Parfait (Yogurt, Granola and berries)  <i>Substitute:</i> Coconut Yogurt Parfait (Yogurt, Granola and berries)
	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>Lunch</b>	Chicken Burgers on a Whole Wheat Bun with Bean Salad  <i>Substitute:</i> Veggie Burger on a Whole Wheat Bun with Bean Salad	Pasta in Turkey Meat Sauce with Broccoli  <i>Substitute:</i> Pasta in Veggie Ground Round Meat Sauce with Broccoli	Chicken Noodle Soup and Buttered Dinner Rolls  <i>Substitute:</i> Vegetable Soup and Vegan Margarine on Dinner Rolls	Turkey Hot Dogs On a bun and Corn  <i>Substitute:</i> Veggie Hot Dog On a bun and Corn	Tuna Salad Sandwiches on Whole Wheat Bread with Sliced Pickles  <i>Substitute:</i> Plant Based Tunaless Salad Sandwiches on Whole Wheat Bread with Sliced Pickles and Vegan Mayo
	<b>Dessert</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>PM Snack</b>	Homemade Carrot Loaves & Seasonal Fruit  <i>Substitute:</i> No Substitute Required	Homemade Trail Mix with Cheese & Seasonal Fruit  <i>Substitute:</i> Homemade Trail Mix with Lactose Free Cheese & Seasonal Fruit  Homemade Trail Mix with Plant Based Cheese & Seasonal Fruit	Mini Croissants with Jam or Cream Cheese & Seasonal Fruit  <i>Substitute:</i> Mini Croissants with Jam or Lactose Free Cream Cheese & Seasonal Fruit  Mini Croissants with Jam or Plant Based Cream Cheese & Seasonal Fruit	Goldfish with Turkey Kielbasa & Seasonal Fruit  <i>Substitute:</i> Goldfish with Plant Based Turkey Slices & Seasonal Fruit	Cucumber & Carrots Sticks with Hummus or Ranch Dressing & Multigrain Crackers  <i>Substitute:</i> No Substitute Required
	Water	Water	Water	Water	Water

Water will be available for children throughout the day.