



Menu

Lunch at Southern Hills location & doesn't usually apply to other locations.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	WG Cereal, Fruit, Milk	Bread/Jelly, Fruit, Milk	WG Cereal, Fruit, Milk	WG Goldfish Crackers, Fruit, Milk	WG Cereal, Fruit, Milk
Breakfast Snack					
Lunch	Meatballs, Mashed Potatoes, Peaches, Bread, Milk	WG Chicken Nuggets, Fries, Apples (Applesauce), Bread, Milk	WG Turkey Sausage Pizza, Corn, Pears, Milk	Chicken Patty, Applesauce, Green Beans, Milk	WG French Toast sticks, Sausage, Tri-Tators, Mandarin Oranges, Milk
PM Snack	String Cheese, Apples, Water	WG Bagel w/Cream Cheese, Fruit, Water	WG Goldfish Crackers, Yogurt, Water	Carrots/Ranch, (WG Cereal) String Cheese, Water	WG Tortilla Chips, (WG Goldfish Crackers) Salsa, Fruit, Water
Week 2	WG Cereal, Fruit, Milk	Bread/Jelly, Fruit, Milk	WG Cereal, Fruit, Milk	WG Goldfish Crackers, Fruit, Milk	WG Cereal, Fruit, Milk
Breakfast Snack					
Lunch	Chicken Fried Steak, Mashed Potatoes, Gravy, Peaches, Milk	Hamburger on a Bun, Apples (Applesauce), Fries, Milk	Pizza Sticks/Marinara, Carrots w/Ranch, Mixed Fruit, Milk	Rib Patty on Bun, peas, pears, Milk	WG Chicken Strips, Green Beans, Peaches, Milk
PM Snack	WG Bagel w/Cream Cheese, Apples, Water	WG Cereal, Fruit, Milk	WG Goldfish Crackers, Fruit, Water	WG Soft Pretzel, Yogurt, Water	WG Tortilla Chips, (WG Goldfish Crackers) Salsa, Fruit, Water

*Menu selections may change based on availability of produce and other considerations.

*Substitutions for special diet needs will be made when possible. Please talk to the program office for details.

*WG = Whole Grain

*Food items in parenthesis are the Toddler alternative.

Week 1 Menu is used on the following weeks: 1/1/18, 1/15/18, 1/29/18, 2/12/18, 2/26/18, 3/12/18, 3/26/18, 4/9/18, 4/23/18, 5/7/18, 5/21/18, 6/4/18, 6/18/18, 7/2/18, 7/16/18, 7/30/18, 8/13/18, 8/27/18, 9/10/18, 9/24/18, 10/8/18, 10/22/18, 11/5/18, 11/19/18, 12/3/18, 12/17/18, 12/31/18

Week 2 Menu is used on the following weeks: 1/8/18, 1/22/18, 2/5/18, 2/19/18, 3/5/18, 3/19/18, 4/2/18, 4/16/18, 4/30/18, 5/14/18, 5/28/18, 6/11/18, 6/25/18, 7/9/18, 7/23/18, 8/6/18, 8/20/18, 9/3/17, 9/17/18, 10/1/18, 10/15/18, 10/29/18, 11/12/18, 11/26/18, 12/10/18, 12/24/18