



Menu

Winter Springs

WEEK 1	WEEK 2
MONDAY	MONDAY
Breakfast: Pancakes & syrup AM snack: Grapes Lunch: Spaghetti and meatballs, vegetables, pineapples PM snack: Cheez-its	Breakfast: Pancakes & syrup AM snack: Grapes Lunch: Chicken, yellow rice, green beans, oranges PM snack: Graham Crackers
TUESDAY	TUESDAY
Breakfast: Cereal and Fruit AM snack: Bananas Lunch: Chicken dogs, carrot sticks, peaches PM snack: Rice Chex	Breakfast: Cereal and Fruit AM snack: Bananas Lunch: Spaghetti, Meatballs, Broccoli, pineapples PM snack: Animal Crackers
WEDNESDAY	WEDNESDAY
Breakfast: Waffles & syrup AM snack: Melon Slices Lunch: Hamburgers, corn, Pineapples PM snack: Pretzels	Breakfast: Waffles & syrup AM snack: Melon Slices Lunch: Chicken nuggets, tater tots, peas, oranges PM snack: Cheerios
THURSDAY	THURSDAY
Breakfast: Toast & Eggs AM snack: Oranges Lunch: Pasta cooked in broth, chicken, peas, pears PM snack: Veggie Fries	Breakfast: Toast & Eggs AM snack: Oranges Lunch: Soft Tacos ,lettuce, apple sauce PM snack: Vanilla Wafers
FRIDAY	FRIDAY
Breakfast: French toast & syrup AM snack: Apples Lunch: Grilled cheese sandwich and chicken noodle soup, oranges PM snack: Ritz crackers	Breakfast: French Toast & Syrup AM snack: Apples Lunch: Macaroni & cheese, broccoli, peaches PM snack: Ritz crackers/ Yogurt Parfait for After School



Breakfast is served with juice or milk
Morning snack is served with water
Lunch is served with milk
Afternoon snack is served with juice





Menu

Winter Springs

WEEK 3	WEEK 4
MONDAY	MONDAY
Breakfast: Pancakes & syrup AM snack: Grapes Lunch: Turkey corndogs, green beans, pineapple PM snack: Cheez-its	Breakfast: Pancakes & syrup AM snack: Grapes Lunch: Fish sticks, tater tots, vegetables, pears PM snack: Graham Crackers
TUESDAY	TUESDAY
Breakfast: Cereal and Fruit AM snack: Bananas Lunch: Fish Sticks & Rice Pilaf, peaches PM snack: Rice Chex	Breakfast: Cereal and Fruit AM snack: Bananas Lunch: Chicken, yellow rice, corn, pineapple PM snack: Animal crackers
WEDNESDAY	WEDNESDAY
Breakfast: Waffles & syrup AM snack: Melon Slices Lunch: Baked Ziti, peas, pears PM snack: Pretzels	Breakfast: Waffles & Syrup AM snack: Melon Slices Lunch: Soft Tacos, lettuce, apple sauce PM snack: Cheerios
THURSDAY	THURSDAY
Breakfast: Toast & Eggs AM snack: Oranges Lunch: Breakfast for lunch PM snack: Veggie Fries	Breakfast: Toast & Eggs AM snack: Oranges Lunch: Macaroni & cheese, carrot sticks, apple sauce PM snack: Vanilla wafers
FRIDAY	FRIDAY
Breakfast: French Toast & Syrup AM snack: Apples Lunch: Cheese pizza, carrots, mixed fruits PM snack: Rice Chex/ Trail Mix for After School	Breakfast: French Toast & Syrup AM snack: Apples Lunch: Grilled cheese sandwich, potato chips, oranges PM snack: Crackers and cheese/ Yogurt Parfait for After School



Breakfast is served with juice or milk
 Morning snack is served with water
 Lunch is served with milk
 Afternoon snack is served with juice

