

YUMMY

FALL/WINTER MENU 2022

Weeks of: Nov. 7th, Dec. 5th, Jan. 3rd, 30th, Feb. 27th, March 27th, April 24th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Butter Chicken & Vegetables (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, *sliced carrots) Whole Wheat Couscous Fresh Fruit Milk	Vegan Brioche Bread Fresh Fruit
TUESDAY	Whole Wheat English Muffin Cinnamon Spread Milk	Extra Lean Beef Meatballs with Yummy Tomato Sauce Whole Wheat Spaghetti *Green & Yellow Beans Fresh Fruit Milk	Yogurt Multigrain Cinnamon Crunchy Mix
WEDNESDAY	Oatmeal Raisin Bar Milk	Cream of Broccoli Soup (*broccoli, celery, lentils, onions, potatoes) Marble Rye Bread Dairy Free Spread Fresh Fruit Milk	Fresh Fruit Whole Grain Sundried Tomato & Basil Wheat Thins
THURSDAY	Whole Grain Gluten Free Cereal Milk	Chickpea Vegetable Italiano (chickpeas, celery, *diced carrots, *spinach, *green peppers, onions, mushrooms, *zucchini) Vegetable Fusilli Pasta Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce
FRIDAY	Whole Grain Cranberry Bread Mixed Berry Pomegranate Apple 100% Fruit Puree Milk	Baked Pollock Fish Wedge Brown Rice *Green Peas Fresh Fruit Milk	Steamed Carrots Multigrain Pita Crackers

*Indicates Dark Green and/or Dark Orange Vegetable offered daily

- Menu approved by a registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

YUMMY

FALL/WINTER MENU 2022

Weeks of: Nov. 14th, Dec. 12th, Jan. 9th, Feb. 6th, March 6th, April 3rd

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Kung Pao Chicken (*broccoli, *carrots, celery, corn, diced chicken, *green beans, onions) Brown Rice Noodles Fresh Fruit Milk	Tomato & Basil Bruschetta Garlic Naan
TUESDAY	Waffles Peach Twist 100% Fruit Puree Milk	Yummy Chickpea Soup (*carrots, celery, chickpeas, *green peas, onions, potatoes) Whole Wheat Bread Garlic Dairy Free Spread Fresh Fruit Milk	Fresh Fruit Whole Grain Triscuit Minis
WEDNESDAY	Yogurt Fresh Fruit Milk	Baked Haddock & Cod Fish Cakes Vegetable Brown Rice (brown rice, *carrots, onions, *spinach) Fresh Fruit Milk	Whole Grain Banana Cocoa Loaf Strawberry Apple 100% Fruit Puree
THURSDAY	Dill-ish Egg Salad Cracked Wheat Crackers Milk	Whole Grain Twirly Pasta with Creamy Veggie Bolognese (basil, corn, *diced carrots, diced tomatoes, onions, soy protein, *spinach, wg rotini pasta) *Green Peas & Corn Fresh Fruit Milk	Steamed Vegetables Pretzel Bites
FRIDAY	Whole Grain Vegan Lemon Raspberry Muffin Hat Blueberry Apple 100% Fruit Puree Milk	Baked Extra Lean Beef Burgers Whole Wheat Bun *Broccoli Florets & Cauliflower Fresh Fruit Milk	Gingerbread Oat Bar Fresh Fruit

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FALL/WINTER MENU 2022

Weeks of: Nov. 21st, Dec. 19th, Jan. 16th, Feb. 13th, March 13th, April 10th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Pollock Fish Wedge Rainbow Couscous (*carrots, celery, corn, couscous, *diced bell peppers, onions) Fresh Fruit Milk	Vegan Brioche Bread Fresh Fruit
TUESDAY	Whole Wheat English Muffin Cinnamon Spread Milk	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Broccoli & Cauliflower Fresh Fruit Milk	Yogurt Multigrain Cinnamon Crunchy Mix
WEDNESDAY	Blueberry Oat Bar Milk	Alphabet Split Pea Soup (alphabet pasta, basil, celery, green split peas, onions, *peas, *squash, *sweet potato) 9 Grain Bread Dairy Free Spread Fresh Fruit Milk	Fresh Fruit Spice Snaps
THURSDAY	Whole Grain Gluten Free Cereal Milk	Chicken Stroganoff with Pasta (bow tie pasta, chicken, corn, mushrooms, onions, parsley, *sliced carrots, *spinach) Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce
FRIDAY	Raisin Bread Pear & Apple 100% Fruit Puree Milk	Extra Lean Beef Meatballs with Tomato Sauce Whole Wheat Bun *Green & Yellow Beans Fresh Fruit Milk	Steamed Carrots Multigrain Pita Crackers

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FALL/WINTER MENU 2022

Weeks of: Nov. 28th, Dec. 28th, Jan. 23rd, Feb. 21st, March 20th, April 17th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Pasta Fagioli (basil, cannellini beans, celery, corn, *diced carrots, *green peppers, onions, parsley, tubetti pasta) *Green Peas Fresh Fruit Milk	Black Olive & Tomato Bruschetta Whole Wheat Naan
TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree Milk	Chicken Meatballs with Gravy Whole Wheat Dinner Roll Sunrise Vegetable Mix (*green beans, *orange and yellow carrots) Fresh Fruit Milk	Fresh Fruit Whole Grain Autumn Harvest Crackers
WEDNESDAY	Yogurt Fresh Fruit Milk	Yummy Veggie Chili (black turtle beans, corn, *diced bell peppers, diced tomato, onions, soy protein, *squash) Brown Rice Fresh Fruit Milk	Whole Grain Carrot Spice Loaf Apple Cinnamon 100% Fruit Puree
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers Milk	Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Homestyle Bread Lemon Dill Dairy Free Spread Fresh Fruit Milk	Steamed Vegetables Pretzel Bites
FRIDAY	Whole Grain Vegan Lemon Blueberry Muffin Hats Strawberry Apple 100% Fruit Puree Milk	Cheese Omelette Tomato Barley *Broccoli & Cauliflower Fresh Fruit Milk	FUN FRIDAY! (Please see posting for the special menu)

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FALL/WINTER MENU 2022

Weeks of: Nov. 7th, Dec. 5th, Jan. 3rd, 30th, Feb. 27th, March 27th, April 24th

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Butter Chicken & Vegetables (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, *sliced carrots) Whole Wheat Couscous Fresh Fruit Milk	Vegan Brioche Bread Fresh Fruit
TUESDAY	Whole Wheat English Muffin Cinnamon Spread Milk	Extra Lean Beef Meatballs with Yummy Tomato Sauce Whole Wheat Spaghetti *Spring Mix Salad Fresh Fruit Milk	Yogurt Multigrain Cinnamon Crunchy Mix
WEDNESDAY	Oatmeal Raisin Bar Milk	Cream of Broccoli Soup (*broccoli, celery, lentils, onions, potatoes) Marble Rye Bread Dairy Free Spread Fresh Fruit Milk	Fresh Fruit Whole Grain Sundried Tomato & Basil Wheat Thins
THURSDAY	Whole Grain Gluten Free Cereal Milk	Chickpea Vegetable Italiano (chickpeas, celery, *diced carrots, *spinach, *green peppers, onions, mushrooms, *zucchini) Vegetable Fusilli Pasta Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce
FRIDAY	Whole Grain Cranberry Bread Mixed Berry Pomegranate Apple 100% Fruit Puree Milk	Baked Pollock Fish Wedge Brown Rice *Green Salad Fresh Fruit Milk	Fresh Carrots Multigrain Pita Crackers

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FALL/WINTER MENU 2022

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MONDAY	Whole Grain Cereal Milk	Kung Pao Chicken (*broccoli, *carrots, celery, corn, diced chicken, *green beans, onions) Brown Rice Noodles Fresh Fruit Milk	Tomato & Basil Bruschetta Garlic Naan
TUESDAY	Waffles Peach Twist 100% Fruit Puree Milk	Yummy Chickpea Soup (*carrots, celery, chickpeas, *green peas, onions, potatoes) Whole Wheat Bread Garlic Dairy Free Spread Fresh Fruit Milk	Fresh Fruit Whole Grain Triscuit Minis
WEDNESDAY	Yogurt Fresh Fruit Milk	Baked Haddock & Cod Fish Cakes Vegetable Brown Rice (brown rice, *carrots, onions, *spinach) Fresh Fruit Milk	Whole Grain Banana Cocoa Loaf Strawberry Apple 100% Fruit Puree
THURSDAY	Dill-ish Egg Salad Cracked Wheat Crackers Milk	Whole Grain Twirly Pasta with Creamy Veggie Bolognese (basil, corn, *diced carrots, diced tomatoes, onions, soy protein, *spinach, wg rotini pasta) *Spring Mix Salad Fresh Fruit Milk	Fresh Vegetables Pretzel Bites
FRIDAY	Whole Grain Vegan Lemon Raspberry Muffin Hat Blueberry Apple 100% Fruit Puree Milk	Baked Extra Lean Beef Burgers Whole Wheat Bun *Broccoli Florets & Cauliflower Fresh Fruit Milk	Gingerbread Oat Bar Fresh Fruit

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THURSDAY	Whole Grain Gluten Free Cereal Milk	Chicken Stroganoff with Pasta (bow tie pasta, chicken, corn, mushrooms, onions, parsley, *sliced carrots, *spinach) Fresh Fruit Milk	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce
FRIDAY	Raisin Bread Pear & Apple 100% Fruit Puree Milk	Extra Lean Beef Meatballs with Tomato Sauce Whole Wheat Bun *Green Salad Fresh Fruit Milk	Fresh Carrots Multigrain Pita Crackers

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TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree Milk	Chicken Meatballs with Gravy Whole Wheat Dinner Roll Sunrise Vegetable Mix (*green beans, *orange and yellow carrots) Fresh Fruit Milk	Fresh Fruit Whole Grain Autumn Harvest Crackers
WEDNESDAY	Yogurt Fresh Fruit Milk	Yummy Veggie Chili (black turtle beans, corn, *diced bell peppers, diced tomato, onions, soy protein, *squash) Brown Rice Fresh Fruit Milk	Whole Grain Carrot Spice Loaf Apple Cinnamon 100% Fruit Puree
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers Milk	Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Homestyle Bread Lemon Dill Dairy Free Spread Fresh Fruit Milk	Fresh Vegetables Pretzel Bites
FRIDAY	Whole Grain Vegan Lemon Blueberry Muffin Hats Strawberry Apple 100% Fruit Puree Milk	Cheese Omelette Tomato Barley *Green Salad Fresh Fruit Milk	FUN FRIDAY! (Please see posting for the special menu)

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