

Summer Menu (Week 1 – 7/17/23 until 10/9/23)

Provider/Program: Expressive Beginnings-Webster **Dietician Approved** - Originals on file in main office

Milk - Age 1-2: **Whole Milk** / Age 2+: **1% Milk** / Allergen Substitute – Oat Milk (**Contains Oats**)

COLOR LEGEND

Red = Dairy / **Yellow** =Eggs / **Green** = Pork / **Purple** = Beef / **Blue** = Various Allergens (Inc. Fish/Shellfish, Citrus, Tomato, Peas, Oats and Mushroom)

Meal Pattern	Maker Monday	Italian Tuesday	Wednesday Picnic	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Cinnamon Rolls Raisins Milk	Cinnamon Squares / Granola French Toast Sticks with Syrup Bananas Milk	Assorted Cold Cereal Buttermilk Biscuits with Grape Jelly Peaches Milk	Cinnamon Squares / Granola Blueberry Pancakes with Syrup Orange Juice Milk	Assorted Cold Cereal Assorted Muffins (Apple or Blueberry) Applesauce Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Ham and Cheese Sandwich on Whole Wheat Bread with Ketchup / Mustard Tater Tots Mixed Berry Applesauce Milk	SALVATORES Cheese Pizza with Red Sauce Garlic Cucumber Salad with Italian / Ranch Dressing Seasonal Fruit Milk	Turkey Cheese Hot Dogs on a Whole Wheat Bun with Ketchup / Mustard Organic Steamed Corn Fruit Salad Milk	Vegetable Rice and Chicken with “Yum Yum” Sauce Snow Peas with Ranch Dressing Pears Milk	Dino Nuggets with BBQ Sauce / Ranch Dressing Corn and Pasta Salad Homemade Dressing Bananas Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Whole Grain Animal Crackers Craisins Milk	Nilla Wafers Sliced Watermelon Water	Yogurt Parfait Kit (Organic Vanilla Yogurt with Craisins, Chocolate Chips and Granola or Graham Cracker) Water	Cinnamon Rice Cakes or Plain Rice Cakes Dried Apples Water	Colby-Jack or Cheddar Cheese Cubes / Cuts Ritz Crackers Water

Summer Menu (Week 2 – 7/17/23 until 10/9/23)

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COLOR LEGEND

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Meal Pattern	Maker Monday	Italian Tuesday	Wednesday Picnic	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Cinnamon Squares / Granola Whole Wheat Bagels with Cream Cheese / Sun Butter Peaches Milk	Assorted Cold Cereal Blueberry Waffles with Syrup 100% White Grape Juice Milk	<u>YOGURT BAR</u> Cinnamon Squares / Granola Organic Yogurt (Various Berry / Vanilla) Seasonal Berry Milk	Assorted Cold Cereal Sourdough Toast with Avocado Spread Bananas Milk	Cinnamon Squares / Granola Crescent Rolls with Turkey Sausage Mango “Smoothies” Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	<u>MICHELLE’S</u> Bologna, Cheese and Ritz Cracker “Lunchables” Carrots with Ranch Dressing Mixed Berry Applesauce Milk	<u>STACEY’S</u> Beef/ Pork Italian Meatballs in Red Sauce with Garlic Breadsticks Organic Salad with Italian Dressing Mandarin Oranges Milk	Beef Cheeseburger on a Whole Wheat Bun with Ketchup / Mustard Tater Tots Bananas Milk	Tacos with Ground Turkey, Basmati Rice, Shredded Cheese , Lettuce and Sour Cream Mini Street Tortillas Avocado Slices Milk	<u>MICHELLE’S</u> Tuna Noodle Casserole Fresh Green Beans with Italian / Ranch Dressing Pineapple Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetable, Bread/Crackers/Cookies/ Cereal, Cheese, Eggs, Milk, Dessert	Green or Red Apple Slices with Sun Butter Milk	<u>DARRIEN’S</u> Holy Cannoli’s Vanilla Pizzelle’s with Organic Vanilla Yogurt and Chocolate Chips Water	Smores Kit (Graham Crackers with Chocolate Chips and Marshmallow Fluff and/or Sun Butter) Water	Pretzel Sticks with Queso 100% Kiwi Strawberry Juice	Plain Mini Bagels with Cream Cheese / Sun Butter Raisins Water

Summer Menu (Week 3 – 7/17/23 until 10/9/23)

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Meal Pattern	Maker Monday	Italian Tuesday	Wednesday Picnic	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Cinnamon Rolls Raisins Milk	Cinnamon Squares / Granola French Toast Sticks with Syrup Peaches Milk	Assorted Cold Cereal Buttermilk Biscuits with Grape Jelly Bananas Milk	Cinnamon Squares / Granola Blueberry Pancakes with Syrup Greek Vanilla Yogurt Milk	Assorted Cold Cereal Assorted Muffins (Apple or Blueberry) Applesauce Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Grilled Ham and Cheese Sandwich on Whole Wheat Bread Tomato Soup Bananas Milk	SALVATORES Cheese Pizza with Red Sauce and Ranch Dressing Tomato , Cucumber and Mozzarella Salad with Italian Dressing Seasonal Berry Milk	Turkey Hot Dogs on a Whole Wheat Bun with Ketchup / Mustard Baked Beans Seasonal Fruit Milk	Roasted Potato Wedges with Ketchup Feta Cheese Garlic Farfalle Pasta with Tomatoes Broccoli Milk	Dino Nuggets with BBQ Sauce / Ranch Dressing Corn and Pasta Salad Homemade Dressing Pineapple Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Whole Grain Animal Crackers Mixed Berry Applesauce Water	String Cheese Sliced Pepperoni Water	Trail Mix Kit (Assorted Cereals with Chocolate Chips, Craisins, Marshmallows and Pretzels or Dried Apples) Water	Naan Bread Dippers with Tzatziki Dip Carrot Sticks Water	Ritz Cracker Sandwiches with Sun Butter Bananas Water

Summer Menu (Week 4 – 7/17/23 until 10/9/23)

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Meal Pattern	Maker Monday	Italian Tuesday	Wednesday Picnic	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Cinnamon Squares / Granola Whole Wheat Bagels with Cream Cheese / Sun Butter Peaches Milk	Assorted Cold Cereal Belgian Waffles with Syrup 100% White Grape Juice Milk	YOGURT BAR Cinnamon Squares / Granola Organic Yogurt (Various Berry / Vanilla) Seasonal Berry Milk	Assorted Cold Cereal Sourdough Toast with Avocado Spread Bananas Milk	Cinnamon Squares / Granola Crescent Rolls with Turkey Sausage Mango “Smoothie” Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Turkey and Cheese Wraps on Whole Wheat Tortillas Organic Salad with Italian / Ranch Dressing Mixed Berry Applesauce Milk	DARRIEN’S Mac and Cheese Lasagna with Beef and Red Sauce Organic Steamed Broccoli Pears Milk	Beef Pizza Burger on a Whole Wheat Bun with Mozzarella Cheese and Red Sauce / Mustard Organic Steamed Corn Bananas Milk	Cheese Quesadilla on Whole Wheat Tortilla Basmati Rice with Black Beans Avocado Slices Milk	Tuna Salad Sandwich on Whole Wheat Bread Seasonal Vegetable Fruit Salad Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Pretzel Sticks with Tzatziki Dip 100% Kiwi Strawberry Juice	Organic Chocolate Yogurt Crispy Italian Breadsticks Water	“Ants on a Log” Kit (Sun Butter and Raisins with Celery or Apples or Graham Crackers) Water	DARRIEN’S Fruit Salsa (Strawberries, Kiwi and Green or Red Apples) Graham Crackers Milk	Goldfish Crackers Applesauce Water