

Week OF	Menu - Summer Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning Snack	Yogourt Lactose Option: Lactose free yogourt or applesauce	Assorted Cereal	Apple Sauce Crackers	Waffles	Assorted Cereal	
Fruit / Veggies			Apple Sauce			
Drink	Water	Water	Water	Water	Water	
Lunch	Chicken Quesadilla Lactose Option: Lactose Cheese	Chicken Burgers	Sandwiches and Veggies	Chicken Ceaser Wraps	Taco Mac & Cheese	
Fruit / Veggies						
Drink	Milk	Milk	Milk	Milk	Milk	
Afternoon Snack	Blueberry Lemon/ Banana Loaf	Meat and Crackers	Whole Grain Corn Chips with cheese and salsa Infant Option: Cereal	Yogourt parfait Lactose Option: Lactose free yogourt or applesauce	Fruit Dip, pretzels and fruit platter	
Fruit / Veggies						
Drink	Water	Water	Water	Water	Water	
	Whole Wheat Bread and Pasta will be used when available					
Infants :	Avoid sending dips other than Hummus and yogourt dip					
	When making veggie platters or salads infants are to be served cucumber, peppers or cooked veggies					