Please Note: At Lunch children will have milk and water available each day at Morning Snack and Afternoon Snack water will be served. If children are hungry between meals we provide cereal, crackers, fruit, or vegetables. Leftovers may also be served to supplement or replace meals.

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| Week 1 | Morning Snack | Lunch | Afternoon Snack |
| Monday | Yogurt Parfait (Fruit and Granola) | Macaroni and Cheese, or Spaghetti and pasta sauce (Add pureed Vegetables)  | Jam Squares, and Vegetables |
| Tuesday | Fruit, and Vegetable Smoothies | Cheese Pizza with Vegetablesand Dip  | Nachos  |
| Wednesday | Fruit salad and Cereal | Tacos (Taco Shells, Beans, Cheddar Cheese, Lettuce, Salsa, Sour Cream) | Crackers, Hummus, and Vegetables |
| Thursday | Banana Oat Pancakes with Syrup and Berries | Perogies, and Beans  | Fruit or Vegetable Loaf |
| Friday | Cereal and Milk with Fruit | Tomato, Cucumber, Egg Salad, Tuna Salad ,Grilled Cheese, or Cheese Sandwiches (Variety Served) | Crackers, and Fruit |

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| Week 2 | Morning Snack | Lunch | Afternoon Snack |
| Monday | Yogurt Parfait (Fruit and Granola) | Macaroni and Cheese, or Spaghetti and pasta sauce (Add pureed Vegetables)  | Jam Squares, and Vegetables |
| Tuesday | Fruit, and Vegetable Smoothies | Chicken Caesar Salad with Garlic Toast  | Nachos  |
| Wednesday | Fruit salad and Cereal | Tacos (Taco Shells, Beans, Cheddar Cheese, Lettuce, Salsa, Sour Cream) | Crackers, Hummus, and Vegetables  |
| Thursday | Banana Oat Pancakes with Syrup and Berries | Chilli – Beans, Tomatoes, Onions, corn, pureed squash, lentils, topped with sour cream Dinner rolls on the side  | Fruit or Vegetable Loaf  |
| Friday | Cereal and Milk with Fruit | Tomato, Cucumber, Egg Salad, Tuna Salad ,Grilled Cheese, or Cheese Sandwiches (Variety Served) | Crackers and Fruit |

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| Week 3 | Morning Snack | Lunch | Afternoon Snack |
| Monday | Yogurt Parfait (Fruit and Granola) | Macaroni and Cheese, or Spaghetti and pasta sauce (Add pureed Vegetables)  | Jam Squares, and Vegetables |
| Tuesday | Fruit, and Vegetable Smoothies | Chicken Vegetable Stir Fry with Rice or Noodles  | Nachos  |
| Wednesday | Fruit salad and Cereal | Tacos (Taco Shells, Beans, Cheddar Cheese, Lettuce, Salsa, Sour Cream) |

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| Crackers, Hummus, and Vegetables  |
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| Thursday | Banana Oat Pancakes with Syrup and Berries | Frittata (Eggs, Spinach, Peppers, Tomatoes, Onions) and Hashbrowns | Fruit or Vegetable Loaf |
| Friday | Cereal and Milk with Fruit | Tomato, Cucumber, Egg Salad, Tuna Salad ,Grilled Cheese, or Cheese Sandwiches (Variety Served) | Crackers and Fruit |

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| Week 4 | Morning Snack | Lunch | Afternoon Snack |
| Monday | Yogurt Parfait (Fruit and Granola) |  Lasagna | Jam Squares, and Vegetables |
| Tuesday | Fruit, and Vegetable Smoothies | French Toast with Syrup, and Berries  | Nachos  |
| Wednesday | Fruit salad and Cereal | Tacos (Taco Shells, Beans, Cheddar Cheese, Lettuce, Salsa, Sour Cream) | Crackers, Hummus, and Vegetables  |
| Thursday | Banana Oat Pancakes with Syrup and Berries | Cheese Quesadillas (Tortilla, Mozzarella Cheese) Salsa, Sour Cream, and Guacamole | Fruit or Vegetable Loaf  |
| Friday | Cereal and Milk with Fruit | Tomato, Cucumber, Egg Salad, Tuna Salad ,Grilled Cheese, or Cheese Sandwiches (Variety Served) | Crackers and Fruit |