MENU FOR THE WEEK OF:		(1	.)
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(Note: peanut/nut restrictions due to allergies – birthdays are celebrated with Chapman's peanut/nut free ice cream or popsicles)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 AM	Low fat plain	Toasted whole	Shreddies &	Whole wheat	Shreddies &
SNACK	yogurt with	wheat English	Multigrain Cheerios	crackers with	Multigrain Cheerios
*EVERYDAY FOR FDK AND	homemade granola	muffins with	with 2% milk	cheddar slices and	with 2% milk
ON NON INSTRUCTIONAL DAYS FOR SCHOOL AGE	and drizzle of	strawberry jam, red	frozen raspberries	apple wedges	apple & orange
DATS FOR SCHOOL AGE	honey	grapefruit/orange			slices
	&	slices			
	Frozen blueberries	Water	Water	Water	Water
	Water				
3 PM	Assorted cheese	Unsweetened apple	Homemade nachos	Toasted whole	Mini whole wheat
SNACK	slices with low	sauce with	with salsa and	grain bagels with	pita with hummus
	sodium Triscuit	Arrowroot cookies	shredded cheese	soy butter	& tzatziki
	crackers	apple slices	cucumber and	bananas chunks	cherry tomatoes &
	apple wedges		carrot sticks		yellow pepper
	Water	Water	Water	Water	slices
					Water
5 PM	Baby carrots	Banana chunks with	Orange slices	Cucumber slices	Whole grain melba
SNACK	hummus	soy butter	Graham crackers	whole wheat	toast
				crackers	pear slices
	Water	Water	Water	Water	Water

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 AM	Shreddies &	2% plain yogurt	Toast with	Shreddies &	Multi grain melba
SNACK	Multigrain Cheerios	with homemade	strawberry jam	Multigrain Cheerios	toast & low fat
*EVERYDAY FOR FDK AND ON	cereals with 2%	granola and drizzle	apple & banana	cereals with 2%	cottage cheese
NON INSTRUCTIONAL DAYS FOR SCHOOL AGE	milk	of honey	slices	milk	assorted melon
TON SCHOOL AGE	fresh strawberries	frozen blueberries	2% milk	fresh strawberries	slices
	& mango			& blueberries	
	Water	Water	Water	Water	Water
	Corn thins with	Rye bread with	Whole wheat	Rice Cakes with	Whole wheat
3 PM	hummus	tuna salad	crackers with	apple sauce	bread slices with
SNACK	baby carrots and	orange slices	cheddar and	cucumber &	soy butter and
SIVACK	cherry tomatoes		mozzarella slices	pepper slices	honey
			pear slices		pear slices
	Water	Water	Water	Water	
					Water
	Cucumber slices	Banana chunks	Cucumber and red	Whole wheat	Apple and banana
5 PM	with tzatziki	Graham crackers	pepper sticks	crackers	slices
SNACK			hummus	baby carrots	soy butter
SIVACK					
	Water	Water	Water	Water	Water

MENU FOR THE WEEK OF:	()	3)	

(Note: peanut/nut restrictions due to allergies – birthdays are celebrated with child's choice of Chapman's peanut/nut free ice cream or popsicles)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 AM	Shreddies &	Homemade	Plain 2% yogurt	Toasted whole	Whole wheat
SNACK	Multigrain Cheerios	oatmeal	with homemade	grain bread with	crackers & cheddar
*EVERYDAY FOR FDK AND ON	cereals with 2%	fresh strawberries	granola & drizzle of	strawberry jam	cheese slices
NON INSTRUCTIONAL DAYS FOR SCHOOL AGE	milk	& blueberries	honey	apple slices	apple slices
TON SCHOOL AGE	apple and banana	2% milk	frozen raspberries	2% milk	
	slices				
	Water	Water	Water	Water	Water
	Guacamole with	Raisin bread	Corn thins	Rye Bread slices	2% plain yogurt
3 PM	mini pita	cheese slices	hummus	with spinach dip	with fresh
SNACK	cherry tomatoes	Apples	carrot sticks	pear slices	blueberries, drizzle
SIVACK	and carrot sticks				of honey
					Graham crackers
	Water	Water	Water	Water	Water
	Apple slices with	Baby carrots	Banana chunks	Cherry tomatoes	Apple slices with
5 PM	yogurt dip	whole wheat pita	whole wheat	and cucumber	soy butter
SNACK			crackers	slices with hummus	
SIVACK	Water	Water	Water	Water	Water

IENU FOR THE WEEK OF: (4)
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(Note: peanut/nut restrictions due to allergies – birthdays are celebrated with child's choice of Chapman's peanut/nut free ice cream or popsicles)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 AM	Whole grain toast	Plain 2% yogurt	Shreddies and	Whole grain bagels	Shreddies and
SNACK	with jam	with homemade	Multigrain Cheerios	with soy butter &	Multigrain Cheerios
*EVERYDAY FOR FDK AND ON	apple & banana	granola, drizzle of	cereals with 2%	drizzle of honey	cereals with 2%
NON INSTRUCTIONAL DAYS FOR SCHOOL AGE	slices	honey	milk	cantaloupe slices	milk
TONSCHOOLAGE	2% milk	frozen raspberries	banana chunks		frozen blueberries
		& blackberries			
	Water	Water	Water	Water	Water
3 PM	Rye bread with	Rye bread with	Melba toast	Apple sauce	Bagels with soy
SNACK	homemade chicken	ham and cheese	Cottage cheese	& rice cake	butter & drizzle of
	salad	slices	grapefruit/orange	apple slices	honey
	carrot, cucumber &	pear slices	slices		apple slices
	red pepper slices				
					Water
			Water	Water	
	Water	Water			
5 PM	Cherry tomatoes	Raisin bread	Apples slices & soy	Multigrain melba	Graham crackers
SNACK	and carrot sticks	banana chunks	butter	toast	pear slices
	hummus			orange slices	
	Water	Water	Water	Water	Water