








January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 Breakfast: Eggs & turkey sausage Lunch: Whole wheat turkey & cheese sandwich, diced carrots & fruit cocktail Snack: Cheese-its	3 Breakfast: Bagels Lunch: Swedish meatballs & whole wheat noodles, field peas & peaches Snack: Graham crackers	4 Breakfast: Whole wheat waffles Lunch: Whole wheat turkey lasagna, green beans & pears Snack: Cheese sticks	5 Breakfast: French toast sticks Lunch: Chicken & dumplings, mixed veggies & oranges Snack: Animal crackers	6
7	8 Breakfast: Cheese grits & sausage Lunch: Whole wheat chicken alfredo, broccoli & pineapples Snack: Jell-o	9 Breakfast: English muffins Lunch: Chicken quesadilla, black beans & rice & oranges Snack: Yogurt	10 Breakfast: Hash browns & turkey bacon Lunch: Whole wheat turkey & cheese roll-up, peas & carrots & peaches Snack: Crackers	11 Breakfast: Blueberry waffles Lunch: Whole wheat baked spaghetti, green beans & fruit cocktail Snack: Pudding	12 Breakfast: Muffins Lunch: Pizza, mixed veggies & pears Snack: Vanilla wafers	13
14	15 	16 Breakfast: Turkey sausage & biscuits Lunch: Pizza, field peas & peaches Snack: Cheese crackers	17 Breakfast: Pancakes Lunch: Tostados, corn & fruit cocktail Snack: Animal crackers	18 Breakfast: Omelets & turkey bacon Lunch: Whole wheat mac & cheese, green beans & pears Snack: Vanilla wafers	19 Breakfast: Whole grain cereal Lunch: Chicken nuggets, sweet potato fries & pineapple Snack: Chex mix	20
21	22 Breakfast: Pancakes Lunch: Whole wheat lasagna, field peas & pears Snack: Whole grain goldfish	23 Breakfast: Bagels Lunch: Chicken quesadilla, black beans & rice & peaches Snack: Yogurt	24 Breakfast: Muffins Lunch: Chicken & rice casserole, green beans & mixed fruit Snack: Cheese crackers	25 Breakfast: Blueberry waffles Lunch: Loaded potato, peas & carrots & fruit cocktail Snack: Whole grain goldfish	26 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice	27
28	29 Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Animal crackers	30 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pineapple Snack: Yogurt	31 Breakfast: French toast sticks Lunch: Pizza, field peas & bananas Snack: Whole grain goldfish			

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers	2 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, carrots & fruit cocktail Snack: Vanilla wafers	3
4	5 Breakfast: Bagels Lunch: Whole wheat chicken alfredo, green beans & pears Snack: Raisins	6 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken taquitos, corn & pineapple Snack: Animal crackers	7 Breakfast: French toast sticks Lunch: Pizza, peas & carrots & peaches Snack: Pretzels	8 Breakfast: Hash brown casserole Lunch: Whole wheat turkey sandwich, carrots & pears Snack: Cheese-its	9 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Cheese crackers	10
11	12 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish	13 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers	14 Breakfast: Whole wheat waffles Lunch: Pizza sticks, mixed veggies & fruit cocktail Snack: Applesauce	15 Breakfast: Bagels Lunch: Mini cheeseburger sliders, carrots & peaches Snack: Chex mix	16 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, field peas & bananas Snack: Cheese-its	17
18	19 	20 Breakfast: Pancakes Lunch: Whole wheat spaghetti, green beans & fruit cocktail Snack: Pudding	21 Breakfast: Hash brown casserole Lunch: Pizza, sweet potato fries & peaches Snack: Cheese crackers	22 Breakfast: Biscuits & turkey bacon Lunch: Whole wheat chicken broccoli casserole & pineapples Snack: Graham crackers	23 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice	24
25	26 Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Yogurt	27 Breakfast: Biscuit & turkey sausage Lunch: Whole wheat hot ham & cheese, peas & peaches Snack: Vanilla wafers	28 Breakfast: Waffles Lunch: Pizza sticks, steamed broccoli & pineapple Snack: Whole grain goldfish	29 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers		



March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Cheese crackers	2
3	4 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Applesauce	5 Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, carrots & pears Snack: Chex mix	6 Breakfast: French toast sticks Lunch: Pizza, field peas & pineapples Snack: Jell-o	7 Breakfast: Bagels Lunch: Chicken nuggets, green beans & fruit cocktail Snack: Graham crackers	8 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, carrots & bananas Snack: Vanilla wafers	9
10	11 Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Jell-o	12 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers	13 Breakfast: French toast sticks Lunch: Pizza sticks, peas & carrots & fruit cocktail Snack: Pretzels	14 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish	15 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & bananas Snack: Cheese-its	16
17	18 Breakfast: Biscuits & turkey bacon Lunch: Whole wheat chicken broccoli casserole & pineapples Snack: Graham crackers	19 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pears Snack: Whole grain goldfish	20 Breakfast: Hash brown casserole Lunch: Pizza, carrots & fruit cocktail Snack: Cheese crackers	21 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Whole wheat lasagna, broccoli & oranges Snack: Yogurt	22 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice	23
24	25 Breakfast: Whole grain cereal Lunch: Whole wheat beefy mac, green beans & pears Snack: Chex mix	26 Breakfast: Biscuits & turkey sausage Lunch: Tomato soup, whole wheat grilled cheese & peaches Snack: Pudding	27 Breakfast: Waffles Lunch: Pizza sticks, sweet potato fries & pineapples Snack: Whole grain goldfish	28 Breakfast: Bagels Lunch: Whole wheat turkey sandwich, carrots & mixed fruit Snack: Cheese-its	29 	30


April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Breakfast: Pancakes Lunch: Whole wheat chicken alfredo, green beans & pears Snack: Applesauce</p>	<p>2</p> <p>Breakfast: Cheese omelets Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Whole grain goldfish</p>	<p>3</p> <p>Breakfast: Blueberry muffins Lunch: Whole wheat hot ham & cheese, peas & carrots & peaches Snack: Graham crackers</p>	<p>4</p> <p>Breakfast: Biscuits & turkey bacon Lunch: Pizza sticks, field peas & apples Snack: Cheese-its</p>	<p>5</p> <p>Breakfast: Whole grain cereal Lunch: Beef burrito, corn & bananas Snack: Jell-o</p>	6
7	<p>8</p> <p>Breakfast: Biscuits & turkey bacon Lunch: Whole wheat spaghetti, broccoli & peaches Snack: Vanilla wafers</p>	<p>9</p> <p>Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & bananas Snack: Jell-o</p>	<p>10</p> <p>Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken taquitos, corn & apples Snack: Yogurt</p>	<p>11</p> <p>Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, carrots & pears Snack: Chex mix</p>	<p>12</p> <p>Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, field peas & pineapples Snack: Whole grain goldfish</p>	13
14	<p>15</p> <p>Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish</p>	<p>16</p> <p>Breakfast: Bagels Lunch: Whole wheat turkey sandwich, carrots & pineapples Snack: Cheese-its</p>	<p>17</p> <p>Breakfast: French toast sticks Lunch: Pizza, field peas & fruit cocktail Snack: Vanilla wafers</p>	<p>18</p> <p>Breakfast: Waffles Lunch: Whole wheat beefy mac, broccoli & pears Snack: Chex mix</p>	<p>19</p> <p>Breakfast: Whole grain cereal Lunch: Beef burrito, carrots & pineapples Snack: Graham crackers</p>	20
21	<p>22</p> <p>Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & pineapples Snack: Graham crackers</p>	<p>23</p> <p>Breakfast: Cheese omelets Lunch: Chicken quesadilla, black beans & oranges Snack: Raisins</p>	<p>24</p> <p>Breakfast: Pancakes Lunch: Pizza, peas & carrots & pears Snack: Pretzels</p>	<p>25</p> <p>Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Cheese crackers</p>	<p>26</p> <p>Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice</p>	27
28	<p>29</p> <p>Breakfast: French toast sticks Lunch: Whole wheat hot ham & cheese, green beans & peaches Snack: Pudding</p>	<p>30</p> <p>Breakfast: Cheese omelet Lunch: Whole wheat chicken alfredo, broccoli & mixed fruit Snack: Applesauce</p>				



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Breakfast: Hash brown casserole Lunch: Pizza, field peas & pears Snack: Cheese crackers</p>	<p>2 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pineapples Snack: Animal crackers</p>	<p>3 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, carrots & bananas Snack: Cheese-its</p>	4
5	<p>6 Breakfast: Pancakes Lunch: Chicken taquitos, corn & pears Snack: Graham crackers</p>	<p>7 Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, broccoli & peaches Snack: Chex mix</p>	<p>8 Breakfast: Whole wheat cheese toast Lunch: Loaded potato, peas & carrots & fruit cocktail Snack: Crackers</p>	<p>9 Breakfast: Waffles Lunch: Whole wheat turkey & cheese sandwich, mixed veggies & oranges Snack: Applesauce</p>	<p>10 Breakfast: Muffins Lunch: Pizza, diced carrots & peaches Snack: Cheese-its</p>	11
12	<p>13 Breakfast: Eggs & turkey bacon Lunch: Whole wheat turkey & cheese sandwich, broccoli & fruit cocktail Snack: Jell-o</p>	<p>14 Breakfast: Biscuits & turkey sausage Lunch: Chicken taquitos, field peas & peaches Snack: Graham crackers</p>	<p>15 Breakfast: Waffles Lunch: Whole wheat turkey lasagna, green beans & pears Snack: Cheese sticks</p>	<p>16 Breakfast: Bagels Lunch: Chicken nuggets, mixed veggies & oranges Snack: Raisins</p>	<p>17 Breakfast: Whole grain cereal Lunch: Pizza sticks, sweet potato fries & pineapples Snack: Pretzels</p>	18
19	<p>20 Breakfast: Cheese grits & turkey sausage Lunch: Whole wheat chicken alfredo, spinach & pineapples Snack: Cheese-its</p>	<p>21 Breakfast: Biscuits & turkey bacon Lunch: Chicken quesadilla, black beans & rice & oranges Snack: Yogurt</p>	<p>22 Breakfast: Hash brown casserole Lunch: Whole wheat turkey & cheese roll-up, peas & carrots & peaches Snack: Cheese crackers</p>	<p>23 Breakfast: Blueberry waffles Lunch: Whole wheat baked spaghetti, green beans & fruit cocktail Snack: Pudding</p>	<p>24 Breakfast: Muffins Lunch: Chicken taquitos, corn & pears Snack: Graham crackers</p>	25
26		<p>27</p>	<p>28 Breakfast: Cheese omelets Lunch: Pizza, steamed broccoli & peaches Snack: Cheese sticks</p>	<p>29 Breakfast: Biscuits & turkey sausage Lunch: Chicken & rice casserole, green beans & mixed fruit Snack: Cheese crackers</p>	<p>30 Breakfast: Waffles Lunch: Chicken quesadillas, peas & carrots & oranges Snack: Pudding</p>	<p>31 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice</p>

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<p>3</p> <p>Breakfast: Bagels Lunch: Whole wheat chicken alfredo, broccoli & mixed fruit Snack: Graham crackers</p>	<p>4</p> <p>Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken taquitos, corn & pineapples Snack: Animal crackers</p>	<p>5</p> <p>Breakfast: French toast sticks Lunch: Pizza, peas & carrots & peaches Snack: Pretzels</p>	<p>6</p> <p>Breakfast: Hash brown casserole Lunch: Whole wheat turkey sandwich, green beans & pears Snack: Cheese-its</p>	<p>7</p> <p>Breakfast: Blueberry muffins Lunch: Whole wheat hot ham & cheese, mixed veggies & fruit cocktail Snack: Applesauce</p>	8
9	<p>10</p> <p>Breakfast: Biscuits & turkey sausage Lunch: Whole wheat spaghetti, green beans & peaches Snack: Pudding</p>	<p>11</p> <p>Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers</p>	<p>12</p> <p>Breakfast: Waffles Lunch: Pizza sticks, steamed broccoli & pineapples Snack: Whole grain goldfish</p>	<p>13</p> <p>Breakfast: Bagels Lunch: Mini cheeseburger sliders, carrots & mixed fruit Snack: Raisins</p>	<p>14</p> <p>Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, field peas & bananas Snack: Cheese-its</p>	15
16	<p>17</p> <p>Breakfast: Pancakes Lunch: Chicken taquitos, black beans & pears Snack: Yogurt</p>	<p>18</p> <p>Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & apples Snack: Raisins</p>	<p>19</p> <p>Breakfast: Hash brown casserole Lunch: Pizza, field peas & peaches Snack: Cheese crackers</p>	<p>20</p> <p>Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & pineapples Snack: Graham crackers</p>	<p>21</p> <p>Breakfast: Bagels Lunch: Whole wheat turkey sandwich, peas & carrots & oranges Snack: Cheese-its</p>	22
23	<p>24</p> <p>Breakfast: Bagels Lunch: Whole wheat beefy mac, green beans & pears Snack: Chex mix</p>	<p>25</p> <p>Breakfast: Waffles Lunch: Chicken taquitos, corn & pineapples Snack: Animal crackers</p>	<p>26</p> <p>Breakfast: Pancakes Lunch: Pizza sticks, sweet potato fries & oranges Snack: Whole grain goldfish</p>	<p>27</p> <p>Breakfast: Cheese omelets Lunch: Chicken alfredo, broccoli & peaches Snack: Graham crackers</p>	<p>28</p> <p>Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice</p>	29

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Breakfast: Biscuits & turkey sausage Lunch: Whole wheat hot ham & cheese, carrots & peaches Snack: Vanilla wafers</p>	<p>2</p> <p>Breakfast: Waffles Lunch: Pizza sticks, steamed broccoli & pineapples Snack: Whole grain goldfish</p>	<p>3</p> <p>Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers</p>	<p>4</p> 	<p>5</p> <p>Breakfast: Blueberry muffins Lunch: Chicken tenders, green beans & mixed fruit Snack: Cheese crackers</p>	<p>6</p>
7	<p>8</p> <p>Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers</p>	<p>9</p> <p>Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, mixed veggies & pears Snack: Chex mix</p>	<p>10</p> <p>Breakfast: French toast sticks Lunch: Pizza, field peas & fruit cocktail Snack: Jell-o</p>	<p>11</p> <p>Breakfast: Bagels Lunch: Chicken nuggets, green beans & oranges Snack: Crackers</p>	<p>12</p> <p>Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, carrots & bananas Snack: Vanilla wafers</p>	<p>13</p>
14	<p>15</p> <p>Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Animal crackers</p>	<p>16</p> <p>Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Applesauce</p>	<p>17</p> <p>Breakfast: French toast sticks Lunch: Pizza sticks, peas & carrots & fruit cocktail Snack: Pretzels</p>	<p>18</p> <p>Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Raisins</p>	<p>19</p> <p>Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & bananas Snack: Cheese-its</p>	<p>20</p>
21	<p>22</p> <p>Breakfast: Biscuits & turkey bacon Lunch: Chicken & rice casserole, broccoli & pineapples Snack: Graham crackers</p>	<p>23</p> <p>Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & peaches Snack: Animal crackers</p>	<p>24</p> <p>Breakfast: Hash brown casserole Lunch: Pizza, carrots & fruit cocktail Snack: Cheese crackers</p>	<p>25</p> <p>Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Tomato soup, whole wheat grilled cheese & pears Snack: Yogurt</p>	<p>26</p> <p>Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice</p>	<p>27</p>
28	<p>29</p> <p>Breakfast: Pancakes Lunch: Pizza sticks, steamed broccoli & pineapples Snack: Whole grain goldfish</p>	<p>30</p> <p>Breakfast: French toast sticks Lunch: Whole wheat hot ham & cheese, green beans & pears Snack: Vanilla wafers</p>	<p>31</p> <p>Breakfast: Hash brown casserole Lunch: Pizza, field peas & peaches Snack: Cheese crackers</p>			



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pineapples Snack: Animal crackers</p>	<p>2 Breakfast: Bagels Lunch: Chicken nuggets, sweet potato fries & oranges Snack: Yogurt</p>	3
4	<p>5 Breakfast: Biscuits & turkey bacon Lunch: Whole wheat spaghetti, green beans & peaches Snack: Vanilla wafers</p>	<p>6 Breakfast: Pancakes Lunch: Whole wheat beefy mac, broccoli & bananas Snack: Jell-o</p>	<p>7 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken taquitos, corn & pears Snack: Animal crackers</p>	<p>8 Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, field peas & pineapples Snack: Chex mix</p>	<p>9 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, carrots & oranges Snack: Cheese crackers</p>	10
11	<p>12 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish</p>	<p>13 Breakfast: Bagels Lunch: Whole wheat turkey sandwich, carrots & pineapples Snack: Cheese-its</p>	<p>14 Breakfast: French toast sticks Lunch: Pizza, broccoli & fruit cocktail Snack: Vanilla wafers</p>	<p>15 Breakfast: Waffles Lunch: Whole wheat beefy mac, green beans & oranges Snack: Applesauce</p>	<p>16 Breakfast: Muffins Lunch: Chicken nuggets, sweet potato fries & bananas Snack: Chex mix</p>	17
18	<p>19 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & pineapples Snack: Graham crackers</p>	<p>20 Breakfast: Cheese omelets Lunch: Chicken quesadilla, black beans & oranges Snack: Raisins</p>	<p>21 Breakfast: Pancakes Lunch: Pizza sticks, peas & carrots & pears Snack: Pretzels</p>	<p>22 Breakfast: Blueberry muffins Lunch: Chicken nuggets, corn & peaches Snack: Cheese crackers</p>	<p>23 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice</p>	24
25	<p>26 Breakfast: French toast sticks Lunch: Whole wheat hot ham & cheese, green beans & pears Snack: Vanilla wafers</p>	<p>27 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers</p>	<p>28 Breakfast: Pancakes Lunch: Pizza sticks, corn & pineapples Snack: Whole grain goldfish</p>	<p>29 Breakfast: Waffles Lunch: Whole wheat turkey & cheese sandwich, diced carrots & fruit cocktail Snack: Pudding</p>	<p>30 Breakfast: Blueberry muffins Lunch: Chicken nuggets, peas & carrots & oranges Snack: Cheese-its</p>	31




September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 Breakfast: Biscuits & turkey sausage Lunch: Whole wheat chicken alfredo, spinach & peaches Snack: Graham crackers	4 Breakfast: Waffles Lunch: Whole wheat lasagna, green beans & pears Snack: Cheese sticks	5 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Whole wheat turkey & cheese sandwich, peas & carrots & oranges Snack: Pudding	6 Breakfast: Blueberry muffins Lunch: Chicken & dumplings, mixed veggies & pineapples Snack: Animal crackers	7
8	9 Breakfast: Pancakes Lunch: Tostados, corn & fruit cocktail Snack: Animal crackers	10 Breakfast: Biscuits & turkey sausage Lunch: Whole wheat hot ham & cheese, broccoli & apples Snack: Graham crackers	11 Breakfast: Waffles Lunch: Whole wheat lasagna, green beans & pears Snack: Cheese sticks	12 Breakfast: Bagels Lunch: Chicken & rice casserole, carrots & pineapples Snack: Pudding	13 Breakfast: Whole grain cereal Lunch: Chicken nuggets, sweet potato fries & mixed fruit Snack: Pretzels	14
15	16 Breakfast: Cheese grits & turkey bacon Lunch: Whole wheat chicken alfredo, spinach & peaches Snack: Jell-o	17 Breakfast: Waffles Lunch: Chicken quesadillas, black beans & rice & oranges Snack: Yogurt	18 Breakfast: Hash brown casserole Lunch: Whole wheat turkey & cheese roll-up, diced carrots & pears Snack: Cheese crackers	19 Breakfast: French toast sticks Lunch: Whole wheat baked spaghetti, green beans & fruit cocktail Snack: Vanilla wafers	20 Breakfast: Muffins Lunch: Pizza, mixed veggies & bananas Snack: Applesauce	21
22	23 Breakfast: Eggs & turkey bacon Lunch: Whole wheat turkey & cheese sandwich, diced carrots & fruit cocktail Snack: Cheese-its	24 Breakfast: Bagels Lunch: Pizza, field peas & peaches Snack: Yogurt	25 Breakfast: Pancakes Lunch: Tostados, corn & pineapples Snack: Animal crackers	26 Breakfast: Omelets & turkey bacon Lunch: Whole wheat mac & cheese, steamed broccoli & pears Snack: Whole grain goldfish	27 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice	28
29	30 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Whole wheat lasagna, field peas & pears Snack: Applesauce					



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken taquitos, corn & pineapples Snack: Animal crackers</p>	<p>2 Breakfast: French toast sticks Lunch: Pizza, peas & carrots & peaches Snack: Whole grain goldfish</p>	<p>3 Breakfast: Hash brown casserole Lunch: Whole wheat turkey sandwich, green beans & pears Snack: Cheese sticks</p>	<p>4 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Jell-o</p>	5
6	<p>7 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & pineapples Snack: Jell-o</p>	<p>8 Breakfast: Cheese omelets Lunch: Chicken quesadilla, black beans & oranges Snack: Graham crackers</p>	<p>9 Breakfast: Waffles Lunch: Pizza sticks, green beans & pears Snack: Chex mix</p>	<p>10 Breakfast: Bagels Lunch: Mini cheeseburger sliders, carrots & fruit cocktail Snack: Animal crackers</p>	<p>11 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & apples Snack: Cheese-its</p>	12
13	<p>14  Happy Columbus Day</p>	<p>15 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish</p>	<p>16 Breakfast: Hash brown casserole Lunch: Pizza, field peas & peaches Snack: Animal crackers</p>	<p>17 Breakfast: Biscuits & turkey bacon Lunch: Chicken & dumplings, broccoli & pineapples Snack: Chex mix</p>	<p>18 Breakfast: Whole wheat cereal Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Pudding</p>	19
20	<p>21 Breakfast: Bagels Lunch: Whole wheat beefy mac, green beans & pears Snack: Cheese sticks</p>	<p>22 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pineapples Snack: Animal crackers</p>	<p>23 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Loaded potato, peas & carrots & fruit cocktail Snack: Jell-o</p>	<p>24 Breakfast: Muffins Lunch: Whole wheat turkey & cheese sandwich, mixed veggies & oranges Snack: Whole grain goldfish</p>	<p>25 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice</p>	26
27	<p>28 Breakfast: Hash brown casserole Lunch: Chicken taquitos, corn & pineapples Snack: Cheese sticks</p>	<p>29 Breakfast: Biscuits & turkey sausage Lunch: Whole wheat hot ham & cheese, green beans & peaches Snack: Vanilla wafers</p>	<p>30 Breakfast: Waffles Lunch: Pizza sticks, carrots & pears Snack: Whole grain goldfish</p>	<p>31 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers</p>	 HERITAGE PRESCHOOLS	

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Cheese crackers</p>	2
3	<p>4 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers</p>	<p>5 Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, carrots & pears Snack: Chex mix</p>	<p>6 Breakfast: French toast sticks Lunch: Pizza, field peas & oranges Snack: Jell-o</p>	<p>7 Breakfast: Bagels Lunch: Chicken nuggets, green beans & fruit cocktail Snack: Animal crackers</p>	<p>8 Breakfast: Whole grain cereal Lunch: Whole wheat turkey & cheese wrap, mixed veggies & apples Snack: Pudding</p>	9
10	<p>11 Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Animal crackers</p>	<p>12 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers</p>	<p>13 Breakfast: Hash brown casserole Lunch: Pizza, field peas & fruit cocktail Snack: Jell-o</p>	<p>14 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish</p>	<p>15 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & apples Snack: Chex mix</p>	16
17	<p>18 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & pineapples Snack: Graham crackers</p>	<p>19 Breakfast: Waffles Lunch: Chicken taquitos, corn & pears Snack: Animal crackers</p>	<p>20 Breakfast: French toast sticks Lunch: Pizza sticks, peas & carrots & oranges Snack: Cheese crackers</p>	<p>21 Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, corn & peaches Snack: Applesauce</p>	<p>22 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice</p>	23
24	<p>25 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken quesadilla, corn & bananas Snack: Yogurt</p>	<p>26 Breakfast: Pancakes Lunch: Whole wheat beefy mac, broccoli & apples Snack: Chex mix</p>	<p>27 Breakfast: Bagels Lunch: Whole wheat turkey sandwich, carrots & pears Snack: Cheese-its</p>	<p>28 </p>	<p>29 </p>	30

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & pears Snack: Graham crackers	3 Breakfast: Waffles Lunch: Pizza, carrots & mixed fruit Snack: Cheese crackers	4 Breakfast: Biscuits & turkey sausage Lunch: Chicken quesadillas, black beans & oranges Snack: Jell-o	5 Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, corn & peaches Snack: Animal crackers	6 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, mixed veggies & pineapples Snack: Vanilla wafers	7
8	9 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Cheese crackers	10 Breakfast: Bagels Lunch: Whole wheat turkey & cheese sandwich, broccoli & pineapples Snack: Jell-o	11 Breakfast: French toast sticks Lunch: Pizza, field peas & peaches Snack: Vanilla wafers	12 Breakfast: Waffles Lunch: Whole wheat lasagna, green beans & pears Snack: Chex mix	13 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Cheese-its	14
15	16 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & pineapples Snack: Whole grain goldfish	17 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers	18 Breakfast: Pancakes Lunch: Pizza sticks, peas & pears Snack: Pretzels	19 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & fruit cocktail Snack: Cheese crackers	20 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, field peas & bananas Snack: Cheese-its	21
22	23 Breakfast: French toast sticks Lunch: Whole wheat hot ham & cheese, green beans & peaches Snack: Pudding	24 	25 	26 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pineapples Snack: Animal crackers	27 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice	28
29	30 Breakfast: Cheese omelets Lunch: Pizza sticks, steamed broccoli & pineapples Snack: Graham crackers	31 Breakfast: French toast sticks Lunch: Chicken taquitos, corn & pineapple Snack: Pudding		