CLC Menu Week 1

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Diced Peaches	Fruit Cocktail in Juice	Banana	Pineapple Chunk	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Corn/ Blueberry Muffin	Mini Bagels (wheat)	Pancakes	Assorted Cold Cereal
Other			Cream Cheese	Maple Syrup	

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Tomato Sauce with Ground Turkey	Roast Eye Round Natural Jus	Chicken Quesadilla	Turkey Slider	Fish Sticks
Vegetable	Cucumber Slices, Ranch Dressing	Steamed Broccoli Florets	Steamed Corn	Steamed Green Beans	Steamed Carrots
Starch/ Grain	Whole Wheat Pasta	Fresh Mashed Potato		Baked French Fries	Whole Wheat Dinner Roll
Fruit	Fresh Fruit Salad	Pineapple in Juice	Fresh Watermelon	Sliced Pears in Juice	Fresh Cantaloupe Melon
Vegetarian Option	Whole Wheat Pasta with Plain Sauce	Grilled Vegetable Wrap	Vegetable Quesadilla	Vegetable Burger	Roasted vegetables with rice and beans
Non Dairy Option	Same as Above	No Mashed Potatoes	BBQ Chicken wrap, NO Cheese	SEND BURGER AND ROLL SEPARATELY	Turkey Sandwich (SEND TURKEY AND BREAD SEPARATELY)

SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Teddy Grahams	Apple Slices	Tortilla Chips	Fig Newtons
Item 2	Wheat Crackers	Yogurt	Gold Fish Crackers	Salsa (mild only)	Vanilla Pudding

NOTE: In the event that fruit on the menu is not available apple sauce will be served as default fruit for that meal.

CLC Menu Week 2

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Diced Peaches	Fruit Cocktail in Juice	Banana	Apple Sauce	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Corn/ Blueberry Muffin	Cinnamon Bread	Biscuits	Assorted Cold Cereal
Other			Cream Cheese	Turkey Bacon	

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Chicken & Rice Casserole	Turkey Sandwich on Wheat	Ground Beef &Cheese Quesadilla	Ham and Cheese Sandwich on Wheat	Macaroni and Cheese Casserole
Vegetable	Steamed Carrots	Cucumber Slices, Ranch Dressing	Steamed Corn	Steamed Broccoli	Steamed Green Beans
Starch/ Grain					
Fruit	Fresh Fruit Salad	Sliced Pears (in juice)	Watermelon	Pineapple (in juice)	Fresh Cantaloupe Melon
Vegetarian Option	Rice Casserole with beans	Cheese, tomato sandwich	Vegetable quesadilla	Vegetable burger	Same as above
NON Dairy Option	Grilled Chicken Breast & Rice	Same as Above: SEND MEAT AND BREAD SEPARATELY	Beef Quesadilla- NO CHEESE	Ham sandwich: SEND MEAT AND BREAD SEPARATELY	Macaroni and Tomato Sauce

SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Teddy Grahams	Apple Slices	Rice Cakes	Fig Newtons
Item 2	Wheat Crackers	Yogurt	Gold Fish Crackers	Cantaloupe	Cherry Jell-O

NOTE: In the event that fruit on the menu is not available apple sauce will be served as default fruit for that meal.

CLC Menu Week 3

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Diced Peaches	Fruit Cocktail in Juice	Banana	Pineapple Chunk	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Corn/ Blueberry Muffin	Mini Bagels (wheat)	Pancakes	Assorted Cold Cereal
Other			Cream Cheese	Maple Syrup	

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Grilled BBQ Chicken Breast	Cheese Pizza	Beef Stew with Vegetables	Baked Chicken Tenders	Fish Sticks
Vegetable	Steamed Carrots	Steamed Broccoli			Steamed Green Beans
Starch/ Grain	Mashed Sweet Potatoes		Mashed Potato	Baked French Fries	Whole Wheat Dinner Roll
Fruit	Fresh Orange Wedges	Sliced Pears (in juice)	Pineapple (in juice)	Fresh Cantaloupe	Fresh Watermelon
Vegetarian Option	BBQ vegetable burger	Same as above	Vegetable Bean Stew	Cheese Vegetable Sandwich	Vegetarian nuggets
Non Dairy Option	Same as Above: NO SWEET POTATOES	Turkey Sandwich: SEND MEAT AND BREAD SEPARATELY	Same as above: NO MASHED POTATOES	Grilled/ Baked Chicken Breast Strips (NO BREADING)	Ham Sandwich (SEND MEAT AND BREAD SEPARATELY)

SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Teddy Grahams	Apple Slices	Oatmeal Cookies	Fig Newtons
Item 2	Wheat Crackers	vanilla ice cream	Gold Fish Crackers	Apple Sauce	Chocolate Pudding

NOTE: In the event that fruit on the menu is not available apple sauce will be served as default fruit for that meal.

CLC Menu Week 4

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Diced Peaches	Apple Sauce	Banana	Pineapple Chunk	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Corn/ Blueberry Muffin	Cinnamon Bread	Biscuits	Assorted Cold Cereal
Other			Cream Cheese or jelly	turkey Bacon	

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Turkey Meatballs in Sauce	Grilled Beef Slider	Chicken Parmesan	Cheese Pizza	BBQ Chicken Breast
Vegetable	Steamed Broccoli	Cucumber Slices, Ranch Dressing	Steamed Green Beans	Steamed Carrots	Steamed Corn
Starch/ Grain	Whole Wheat Pasta	Baked French Fries	Whole Wheat Penne Pasta		Brown Rice
Fruit	Fresh Fruit Salad	Pineapple (in Juice)	Watermelon	Sliced Pears (in Juice)	Fresh Cantaloupe
Vegetarian Option	Broccoli, Wheat Pasta with Sauce	Vegetable Burger	Grilled Vegetable Wrap	Same as Above	BBQ Chick Peas
DAIRY FREE OPTION	Grilled Chicken Breast instead of Meatballs	Same as Above: Send Burger and Roll Separately	Grilled Chicken and Tomato Sauce: NO BREADING OR CHEESE	Ham Sandwich: SEND MEAT AND BREAD SEPARATELY	Same as Above

SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Teddy Grahams	Apple Slices	Soft Pretzel	Fig Newtons
Item 2	Wheat Crackers	Yogurt	Gold Fish Crackers	Apple Sauce	Orange Jell-O

NOTE: In the event that fruit on the menu is not available apple sauce will be served as default fruit for that meal.

CLC Menu Week 5

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Diced Peaches	Fruit Cocktail in Juice	Banana	Pineapple Chunk	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Corn/ Blueberry Muffin	Mini Bagels (wheat)	Pancakes	Assorted Cold Cereal
Other			Cream Cheese	Maple Syrup	

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Baked Chicken Tenders	Baked Zitti	Sliced Roast Turkey with Gravy	Beef Quesadilla	Fish Sticks
Vegetable	Steamed Carrots	Steamed Broccoli	Steamed Peas	Steamed Green Beans	Cucumber Slices, Ranch Dressing
Starch/ Grain	Baked French Fries	Whole Wheat Dinner Roll	Mashed Potatoes		Mashed Sweet Potatoes
Fruit	Fresh Fruit Salad	Pineapple (in juice)	Fresh Watermelon	Pears (in juice)	Fresh Cantaloupe
Vegetarian Option	Vegetarian Nuggets	Same as Above	Vegetable Burger	Vegetable quesadilla	Roasted vegetables with mashed potatoes
Dairy Free Option	Grilled Chicken Breast Strips	Zitti with Sauce (NO CHEESE)	Same as Above: NO MASHED POTATOES	Ground beef and vegetables quesadilla NO CHEESE	Turkey Sandwich, BREAD AND MEAT SEPARATELY NO POTATOES

SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Teddy Grahams	Apple Slices	Rice Crispy Treats	Fig Newtons
Item 2	Wheat Crackers	Yogurt	Gold Fish Crackers	Cantaloupe	Vanilla Pudding

NOTE: In the event that fruit on the menu is not available apple sauce will be served as default fruit for that meal.

CLC Menu Week 6

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Diced Peaches	Fruit Cocktail in Juice	Banana	Pineapple Chunk	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Corn/ Blueberry Muffin	Mini Bagels (wheat)	Pancakes	Assorted Cold Cereal
Other			Cream Cheese or Jelly	Maple Syrup	

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Cheese Ravioli with Sauce (sauce on side)	Cheese Pizza	Beef Soft Tacos with Cheese	Ham Sandwich on Wheat	BBQ Chicken Breast
Vegetable 3-5 year olds	Steamed Green Beans	Steamed Broccoli Florets	Steamed Corn	Cucumber Slices, Ranch Dressing	Steamed Carrots
Starch/ Grain					Baked French Fries
Fruit	Fresh Orange Wedges	Sliced Pears (in juice)	Pineapple (in juice)	Fresh Cantaloupe	Watermelon
Vegetarian Option	Same as Above	Same as Above	Vegetable taco	Cheese sandwich	BBQ Chick Peas
Dairy Free Option	Plain Pasta with Sauce	Turkey Sandwich: SEND MEAT AND BREAD SEPARATELY	Beef taco: NO CHEESE	Same as Above: SEND MEAT AND BREAD SEPARATELY	Same as Above

SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Teddy Grahams	Apple Sauce	Chocolate Chip Cookies	Soft Pretzel
Item 2	Wheat Crackers	Yogurt	Gold Fish Crackers	Banana	Apple Slices

NOTE: In the event that fruit on the menu is not available apple sauce will be served as default fruit for that meal.