

# School Menu



Location: Town Center		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Date		7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024
<b>AM Snack</b>		Whole Wheat Waffle w/ Syrup  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Whole Wheat Avocado Toast  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Turkey & Cheese McMuffin  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Low-Fat Vanilla Yogurt w/ Granola  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Corn Flakes  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>
<b>Lunch</b>	<i>Vegetarian Option</i>	<b>Sunflower Butter &amp; Jelly Sandwich</b>  Sunflower Butter & Grape Jelly on Whole Wheat Bread  Baby Carrots w Ranch <i>(Steamed Carrots)</i>  Fresh Sliced Oranges <i>(Mandarin Oranges)</i>  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	<b>Turkey Tacos</b>  <i>Cheese Quesadilla</i>  Ground Turkey and Cheese on a Whole Wheat Tortilla  Pinto Beans  Pineapple Tidbits  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	<b>Mac &amp; Cheese</b>  Whole Wheat Macaroni Pasta in Cheese Sauce  Steamed Peas  Applesauce  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	<b>Broccoli Cheddar Chicken Casserole</b>  <i>Broccoli Cheddar Beyond Meat Casserole</i>  Diced Chicken and Broccoli Baked in a Cheddar Cheese Sauce  Whole Wheat Dinner Roll  Fresh Bananas  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	<b>Chicken Nuggets</b>  <i>Chick'n Nuggets</i>  Breaded White Meat Chicken Nuggets  Mashed Potatoes  Fresh Sliced Apples <i>(Applesauce)</i>  2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>
<b>PM Snack</b>		Trail Mix w/ Craisins <i>(Veggie Straws)</i>  Filtered Water	Dried Strawberries & Graham Crackers  Filtered Water	Dried Snap Peas & Fresh Banana  Filtered Water	Sliced Cucumber w/ Ranch  Filtered Water	Cheezits  Filtered Water

**Fun Fact From Chef Trina:** Applesauce was the first food eaten in Space!

Children under the age of 2 are served unflavored whole milk and 2+ year olds are served unflavored 2% milk

Items listed in parentheses & italics indicate suggested age appropriate substitutions for children under 2

Water is available to children during the day & at all meals & snacks.

Menu is subject to change.