

School Menu



| Location: Town Center | | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--|--|--|--|---|---|--|
| Date | | 1/13/2025 | 1/14/2025 | 1/15/2025 | 1/16/2025 | 1/17/2025 |
| AM Snack | | Whole-Wheat Cheese Toast 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> | Whole-Grain Raisin Bran 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> | Low-Fat Vanilla Yogurt/ w Strawberries 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> | Egg & Potato Casserole 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> | Everything Bagel w/Cream Cheese 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> |
| Lunch <i>Vegetarian Option</i> | | Chicken & Yellow Rice Chick'N Diced Chicken w/Whole-Grain Yellow Rice Sauteed Green Beans Applesauce 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> | Chicken Corn Chowder Vegetable Soup Shredded Chicken, Cream of Chicken, Minced Onions, Corn Whole Wheat Dinner Roll Sliced Peaches 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> | Sunflower Butter & Jelly Sandwich Sunflower Butter & Grape Jelly on Whole Wheat Bread Baby Carrots w/Ranch (Steamed Carrots) Sliced Oranges <i>(Mandarin Oranges)</i> 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> | Shrimp Fried Rice Vegetable Fried Rice Diced Shrimp and Mixed Vegetables in Fried White Rice Vegetable Spring Roll Pineapple Tidbit 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> | Mac & Cheese Whole -Grain Pasta tossed in a Sharp Cheddar Cheese Sauce Steamed Peas & Carrots Fresh Sliced Apples <i>(Diced Apples)</i> 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i> |
| PM Snack | | Real Fruit Fig Bar Filtered Water | Ants On The Log <i>(Graduates Puff)</i> Filtered Water | Pretzels w/ Sliced Cheese <i>(Ritz Crackers)</i> Filtered Water | Fresh Blueberries & Graham Crackers Filtered Water | Cheezits Filtered Water |
| Food Fun Fact from Chef Trina: Broccoli contains more protein than steak! | | | | | | |

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.