<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Bagels w/ Crm. Chs., Apples</td>
<td>7 Cereal, Bananas</td>
<td>8 Oatmeal, Blueberries</td>
<td>9 Banana Squares, Apples</td>
<td>3 CPS CLOSED</td>
</tr>
<tr>
<td>Beef Hamburger with Bun, *Three Bean Salad, Canned Mandarin Oranges</td>
<td>Homemade Mac &amp; Cheese, Carrots, Canned Apricots</td>
<td>Chicken, Rice, Broccoli, Canned Fruit Cocktail</td>
<td>Pancakes, Yogurt, Green Beans, Fresh Fruit plate</td>
<td></td>
</tr>
<tr>
<td>13 Bagels w/ Crm. Chs., Strawberries</td>
<td>14 Blueberry Squares, Bananas</td>
<td>15 Cereal, Fresh Cantaloupe</td>
<td>16 Cereal, Apples</td>
<td>17 English Muffin, Bananas</td>
</tr>
<tr>
<td>Grilled Cheese Sandwich, Carrot/Apple Salad, Fresh Pears</td>
<td>Whole Wheat Pasta, Beef Meatballs, Tossed Salad, Honeydew Melon</td>
<td>Chicken Spiedies, Bowtie Noodles, Green Beans, Canned Applesauce</td>
<td>Tuna Salad on Pita, Broccoli/ Cauliflower Mix, Canned Pineapple</td>
<td>Sliced Turkey, *Sweet Potato, Watermelon, Whole Wheat Bread</td>
</tr>
<tr>
<td>20 English Muffins, Apples</td>
<td>21 Cereal, Bananas</td>
<td>22 Bagels w/ Crm. Chs., Fresh Peaches</td>
<td>23 Oatmeal, Bananas</td>
<td>24 Cereal, Apples</td>
</tr>
<tr>
<td>Hard Boiled Eggs, Beets, Fresh Berry Mix, Whole Wheat Bread</td>
<td>Meatloaf, Mashed Potatoes, Broccoli, Mixed Fresh Melons, Whole Wheat Bread</td>
<td>Goulash, with Ground Turkey, Spinach/Lettuce Salad, Canned Peaches</td>
<td>Pizza, Tossed Salad, Fresh Plums</td>
<td>Chicken Nuggets, California Mix Veggies, Fresh Cantaloupe, Whole Wheat Bread</td>
</tr>
<tr>
<td>27 Cereal, Strawberries</td>
<td>28 Blueberry Squares, Apples</td>
<td>29 Oatmeal, Grapes</td>
<td>30 Cereal, Bananas</td>
<td>31 English Muffins, Fresh Melon</td>
</tr>
<tr>
<td>Fish Sticks, Green Beans, Canned Pears, Whole Wheat Bread</td>
<td>BBQ Chicken, Brown Rice, Carrots, Fresh Fruit plate</td>
<td>Turkey Soft Tacos, * Black Beans, Watermelon</td>
<td>Beef Meatball Sub, Broccoli, Canned Applesauce</td>
<td>Vegetarian Baked Beans, Zucchini/Yellow Squash, Fresh Berry Mix, Whole Wheat Bread</td>
</tr>
</tbody>
</table>

See Healthy Child Meal Pattern on reverse for serving sizes
We follow Age 1-2 meal patterns for Wee and Cub Rooms and Ages 3-5 meal patterns for all other classrooms. Milk is served at Breakfast & Lunch. 1% milk is served to children 2 yrs and older. A variety of cold cereal served, all with under 6 grams of sugar. Lunch is served with whole wheat bread when a grain is not on the menu. Raw veggies or a fresh fruit platter are served with every lunch as an extra offering.