

Serendipity Menu



	MON	TUE	WED	THU	FRI
Week 1	Snack – Scrambled eggs, Whole wheat toast, and water Lunch – English muffin cheese pizzas, cucumbers, potato chips milk, and fresh fruit Snack – Apple slices, marble cheese, and water	Snack – Mixed fruit yogurt, animal crackers, and water Lunch – Taco rice bowls, sour cream, tomato, tortilla strips, milk, and fresh fruit Snack – Cucumbers, and carrot sticks with ranch dressing, crackers and water	Snack – Blueberry waffles with maple syrup, fresh fruit and water Lunch – Chicken and cheese quesadillas, sour cream, salsa, zucchini rice, milk, and fresh fruit Snack – Homemade oatmeal cookies, fresh fruit, and water	Snack – Cereal with milk, fresh fruit, and water Lunch – Grilled cheese sandwiches, tomato soup, crackers, cucumbers, milk, and ice cream cone Snack – Goldfish crackers, fresh fruit, and water	Snack – Applesauce, arrowroots, and water Lunch – Cheese tortellini with homemade sauce, peas, garlic bread, milk, and fresh fruit Snack –Veggie straws, fresh fruit, and water
Week 2	Snack – Whole wheat toast, fresh fruit, and water Lunch – Chicken strips, baked fries, pepper slices, milk, and fresh fruit Snack –graham crackers, fresh fruit, and water	Snack – baked spinach, egg, and cheese quiche, and water Lunch – penne with meat sauce, vegetables, whole wheat bread, milk, and fresh fruit Snack –pretzels, banana, and water	Snack – cereal with milk, fresh fruit and water Lunch – pancakes with maple syrup, sausages, carrots, milk, and sorbet Snack – zucchini bread, fresh fruit, and water	Snack – whole wheat bagels with cream cheese, and water Lunch – homemade chicken noodle soup with carrots and celery, crackers, turkey and cheese sandwiches, pickles, milk, and pears Snack – popcorn (preschool), rice cakes (toddler), fruit, and water	Snack – homemade banana muffins, fresh fruit, and water Lunch – cheeseburger rice casserole, steamed broccoli, breadsticks, milk, and fresh fruit Snack – nutrigrain bar, fresh fruit, and water
Week 3	Snack – blueberry pancakes with maple syrup, fresh fruit, and water Lunch – whole wheat pizza with mushrooms, cheese, and pepperoni, caesar salad, milk, and fresh fruit Snack –goldfish crackers, fresh fruit, and water	Snack – mixed fruit and yogurt smoothies, graham crackers, and water Lunch – whole wheat pasta with sweet potato and cheese sauce, steamed cauliflower, whole wheat bread, milk, and fresh fruit Snack – Rice cakes, fresh fruit, and water	Snack – cereal with milk, fresh fruit, and water Lunch – chicken, broccoli and whole grain rice casserole, breadsticks, milk, and brownies Snack –crackers, cheese, and water	Snack – applesauce, graham crackers, and water Lunch – lazy man spinach lasagna, dinner rolls, milk, and fresh fruit Snack –homemade trail mix, fresh fruit, and water	Snack – muffins, fresh fruit, and water Lunch – Chicken burgers, fries, corn, milk, and rice krispie squares Snack –granola bars, fresh fruit, and water
Week 4	Snack – toasted whole wheat English muffins with jam, and water Lunch – meatballs, perogies, sour cream, mixed beans, milk, and fresh fruit Snack – ritz bits, fresh fruit, and water	Snack – cereal with milk, fresh fruit, and water Lunch – pizza quesadillas with pepperoni slices, corn, milk, and fresh fruit Snack – goldfish crackers, fresh fruit, and water	Snack – whole wheat French toast with maple syrup, fresh fruit, and water Lunch – pasta with alfredo and parmesan sauce, tossed salad, milk, and yogurt bark Snack – oatmeal chocolate chip / chickpea cookies, fresh fruit and water	Snack – Yogurt, fresh fruit, and water Lunch – fish sticks, cauliflower mashed potatoes, green beans, milk, and fresh fruit Snack – crackers, cheese, and water	Snack – whole wheat toast, fresh fruit, and water Lunch – spaghetti with homemade tomato sauce, garlic bread, peas, milk, and fresh fruit Snack – multigrain cheerios, fresh fruit, and water

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Week 2	<p>Snack – Whole wheat toast, fresh fruit, and water</p> <p>Lunch – Chicken strips, baked fries, pepper slices, milk, and fresh fruit</p> <p>Snack -graham crackers, fresh fruit, and water</p>	<p>Snack – baked spinach, egg, and cheese quiche, and water</p> <p>Lunch – penne with meat sauce, vegetables, whole wheat bread, milk, and fresh fruit</p> <p>Snack -pretzels, banana, and water</p>	<p>Snack – cereal with milk, fresh fruit and water</p> <p>Lunch – pancakes with maple syrup, sausages, carrots, milk, and sorbet</p> <p>Snack – zucchini bread, fresh fruit, and water</p>	<p>Snack – whole wheat bagels with cream cheese, and water</p> <p>Lunch – homemade chicken noodle soup with carrots and celery, crackers, turkey and cheese sandwiches, pickles, milk, and pears</p> <p>Snack – popcorn (preschool), rice cakes (toddler), fruit, and water</p>	<p>Snack – homemade banana muffins, fresh fruit, and water</p> <p>Lunch – cheeseburger rice casserole, steamed broccoli, breadsticks, milk, and fresh fruit</p> <p>Snack – nutrigrain bar, fresh fruit, and water</p>

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<p>Week 3</p>	<p>Snack – blueberry pancakes with maple syrup, fresh fruit, and water</p> <p>Lunch – whole wheat pizza with mushrooms, cheese, and pepperoni, caesar salad, milk, and fresh fruit</p> <p>Snack -goldfish crackers, fresh fruit, and water</p>	<p>Snack – mixed fruit and yogurt smoothies, graham crackers, and water</p> <p>Lunch – whole wheat pasta with sweet potato and cheese sauce, steamed cauliflower, whole wheat bread, milk, and fresh fruit</p> <p>Snack – Rice cakes, fresh fruit, and water</p>	<p>Snack – cereal with milk, fresh fruit, and water</p> <p>Lunch – chicken, broccoli and whole grain rice casserole, breadsticks, milk, and brownies</p> <p>Snack -crackers, cheese, and water</p>	<p>Snack – applesauce, graham crackers, and water</p> <p>Lunch – lazy man spinach lasagna, dinner rolls, milk, and fresh fruit</p> <p>Snack - homemade trail mix, fresh fruit, and water</p>	<p>Snack – muffins, fresh fruit, and water</p> <p>Lunch – Chicken burgers, fries, corn, milk, and rice krispie squares</p> <p>Snack -granola bars, fresh fruit, and water</p>
<p>Week 4</p>	<p>Snack – toasted whole wheat English muffins with jam, and water</p> <p>Lunch – meatballs, perogies, sour cream, mixed beans, milk, and fresh fruit</p> <p>Snack – ritz bits, fresh fruit, and water</p>	<p>Snack – cereal with milk, fresh fruit, and water</p> <p>Lunch – pizza quesadillas with pepperoni slices, corn, milk, and fresh fruit</p> <p>Snack – goldfish crackers, fresh fruit, and water</p>	<p>Snack – whole wheat French toast with maple syrup, fresh fruit, and water</p> <p>Lunch – pasta with alfredo and parmesan sauce, tossed salad, milk, and yogurt bark</p> <p>Snack – oatmeal chocolate chip / chickpea cookies, fresh fruit and water</p>	<p>Snack – Yogurt, fresh fruit, and water</p> <p>Lunch – fish sticks, cauliflower mashed potatoes, green beans, milk, and fresh fruit</p> <p>Snack – crackers, cheese, and water</p>	<p>Snack – whole wheat toast, fresh fruit, and water</p> <p>Lunch – spaghetti with homemade tomato sauce, garlic bread, peas, milk, and fresh fruit</p> <p>Snack – multigrain cheerios, fresh fruit, and water</p>

