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| **Menu**  for **Week 1 Food Served Week Of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Need 3 dairy substitutes (1 Owl, 1 Fox, 1 Geoduck) Need 1 vegetarian substitute Owl)  Need 1 pork substitute Geoduck Need 1 gluten free substitute Owl  **Weekly: 1 loaf of gluten free bread (delivered to the Children’s Center on Monday morning)** | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Breakfast:** | **Breakfast:** | **Breakfast:** | **Breakfast:** | **Breakfast:** |
| French toast  Pears  Loaf of gluten free bread | Cheerios  Peaches/Bananas | English muffins with  Cream Cheese  Apples | Enriched Grits with cheese mixed in  Oranges | Whole Grain Pancake  Seasonal Fruit |
| **Lunch:** | **Lunch:** | **Lunch:** | **Lunch:** | **Lunch:** |
| Sandwiches with  Turkey and cheese  lettuce, tomato    Carrot Sticks “A”  Oranges  Hummus, lettuce, and tomato sandwich  Cheese, lettuce, tomato sandwich  2 gluten free subs | Turkey Burger on Whole Wheat Bun with Lettuce, Tomato  Cheese slices  Seasonal Fruit  2 Gluten free subs | Taco Bar:  Tortillas or Chips, Ground Turkey, Black Beans, Cheese, Lettuce, Tomato, Mild Salsa  Gluten free subs | Baked Ham Baked Ham  Mashed Potatoes  Green Beans  Whole Wheat Roll  Apples  Sub Rice  Gluten free subs | Chef Salad:  Garbanzo beans, Hardboiled Egg, Cheese, Cucumbers, Fresh Tomatoes, Shredded Carrots  W hole Grain Roll (contains gluten)  Gluten free sub |
| **PM Snack** | **PM Snack** | **PM Snack** | **PM Snack** | **PM Snack** |
| Vanilla Yogurt  Berries  Milk | Tortilla Chips  Lamb substitute flour tortilla  Salsa  Milk | Sandwich with  Sun Butter and Jam  Water | Graham Crackers  Milk | Cheesy English Muffin  Aramark – 3 plain English Muffins  Send milk subs to Bunny, Owl & Fox  Water |

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| **Menu**  for **Week 2 Food Served Week Of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Need 3 dairy substitutes (1 Owl, 1 Fox, 1 Geoduck) Need 1 vegetarian substitute Owl)  Need 1 pork substitute Geoduck Need 1 gluten free substitute Owl  **Weekly: 1 loaf of gluten free bread (delivered to the Children’s Center on Monday morning)** | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Breakfast:** | **Breakfast:** | **Breakfast:** | **Breakfast:** | **Breakfast:** |
| French Toast  Strawberries  Loaf of gluten free bread | Oatmeal  Apples | English muffins with Sun Butter  Orange Wedges | Corn Flakes  Grapes | English muffins, eggs, cheddar cheese  Apples  Aramark – send 3 eggs with no cheese |
| **Lunch:** | **Lunch:** | **Lunch:** | **Lunch:** | **Lunch:** |
| Veggie Pizza: olives, peppers, tomatoes, mushroom  Green salad  Seasonal Fruit  2 Gluten Free subs | Farfalle, Rotini, or Penne with Marinara Sauce  Meatballs Meatballs  Green Salad  Apples  2 Gluten Free subs | Tuna Sandwich with lettuce and tomato  Grapes  Egg Salad Sandwich with lettuce and tomato  2 Gluten free subs | Turkey Chili with Beans  Corn Bread  Coleslaw  Vegetarian Chili  2 Gluten free subs | Chicken Stir Fry with vegetables, sauce on the side  Edamame on side  Brown Rice  Seasonal Fruit |
| **PM Snack:** | **PM Snack:** | **PM Snack:** | **PM Snack:** | **PM Snack:** |
| Carrots with Hummus  Milk | English Muffin with  Cream Cheese  Water | Fig Newman Cookies,  Fruit  Milk | Vanilla Yogurt  Blueberries  Water | Tortilla Chips  Bean Dip  Water |

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| **Menu**  for **Week 3 Food Served Week Of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Need 3 dairy substitutes (1 Owl, 1 Fox, 1 Geoduck) Need 1 vegetarian substitute Owl)  Need 1 pork substitute Geoduck Need 1 gluten free substitute Owl  **Weekly: 1 loaf of gluten free bread (delivered to the Children’s Center on Monday morning)** | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Breakfast:** | **Breakfast:** | **Breakfast:** | **Breakfast:** | **Breakfast:** |
| Buckwheat Hot Cereal  Bananas  Loaf of gluten free bread | Whole Grain Pancake  Blueberries | English muffins with Jam  Oranges | Crispy Rice Cereal  Apples | Granola  Vanilla Yogurt  Berries |
| **Lunch:** | **Lunch:** | **Lunch:** | **Lunch:** | **Lunch:** |
| Baked Ham Baked Ham  Mashed Potatoes  Green Beans  Whole Wheat Roll  Apples  Sub Rice  2 Gluten free subs | Farfalle, Rotini, or Penne with Turkey and Marinara Sauce  Green Salad  Apples  2 Gluten free subs  Vegetarian alternative:  marinara, garbanzo beans on salad | Bean and Cheese Burrito  Aramark – 3 bean burritos  Roasted corn salsa  Seasonal Fruit  2 Gluten free sub | Ground Turkey Lasagna  Apple Slices  Green Salad  Dairy free pasta dish  Vegetarian pasta dish  2 Gluten free subs | Turkey Burger  Whole Wheat Bun with Lettuce, Tomato  Cheese slices  Seasonal Fruit  Meatless burger  2 Gluten free subs |
| **PM Snack:** | **PM Snack:** | **PM Snack:** | **PM Snack:** | **PM Snack:** |
| Sliced Apples with  Sun Butter  Milk | Cheesy Bread  Aramark – 2 pieces plain bread  Milk | Vanilla Yogurt  Peaches  Water | Tortilla Chips  Salsa  Milk | English muffin w/ butter  Aramark – 2 plain English muffins  Grapes/Bananas  Water |

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| **Menu**  for **Week 4 Food Served Week Of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Need 3 dairy substitutes (1 Owl, 1 Fox, 1 Geoduck) Need 1 vegetarian substitute Owl)  Need 1 pork substitute Geoduck Need 1 gluten free substitute Owl  **Weekly: 1 loaf of gluten free bread (delivered to the Children’s Center on Monday morning)** | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Breakfast:** | **Breakfast:** | **Breakfast:** | **Breakfast:** | **Breakfast:** |
| Whole Grain Pancake  Oranges  Loaf of gluten free bread | Oatmeal  Berries | English muffins with Sun Butter  Pears | Cheerios  Bananas | Buckwheat Hot Cereal  Unsweetened applesauce |
| **Lunch:** | **Lunch:** | **Lunch:** | **Lunch:** | **Lunch:** |
| Farfalle, Rotini, or Penne pasta with Turkey and Marinara Sauce  Green Salad  Apples  2 Gluten free subs  Vegetarian alternative:  marinara, garbanzo beans on salad | Soft Tacos: corn tortillas, ground turkey, lettuce, tomato, and cheese  Roasted corn salsa  Black or pinto beans  2 Gluten free subs | Boneless Baked Chicken thigh  Mashed potato  Blanched Broccoli  Seasonal Fruit  Whole Wheat Roll  2 Gluten free subs  Sub rice | Ham and Cheese sandwich with tomato  Tomato soup  Orange wedges  Cheese sandwich  Cheese sandwich  Ham Sandwiches  2 Gluten free subs | Homemade Macaroni and Cheese (contains gluten and dairy)  Broccoli    Orange Wedges  2 Gluten free subs |
| **PM Snack:**  Cheesy Bread  Aramark – 2 plain bread  Milk | **PM Snack:**  Apple Sauce  Cereal  Milk | **PM Snack:**  Apples and Sun Butter  Milk | **PM Snack:**  Vanilla Yogurt (contains dairy)  and Berries  Water | **PM Snack:**  Graham Crackers (contains gluten)  Milk |