



## **SPRING/SUMMER MENU**

### **MONDAY**

**Morning Snack:** Scrambled or hard boiled eggs, whole grain toast or bagel; and fresh fruit.

**Lunch:** Pasta; tomato sauce; meatballs; and fresh vegetable of the day

**Afternoon Snack:** Cookies and milk

### **TUESDAY**

**Morning Snack:** Whole grain cereal; and fruit.

**Lunch:** Chicken or Cheese Quesadilla; and fresh vegetable of the day

**Afternoon Snack:** Fresh baked muffin and milk

### **WEDNESDAY**

**Morning Snack:** French toast sticks with VT maple syrup; and fruit

**Lunch:** Turkey sandwich or roll-up; and fresh vegetable of the day

**Afternoon Snack:** Annie's organic whole grain bunny cookies and milk

### **THURSDAY**

**Morning Snack:** Sun Butter and whole grain crackers with jelly; and fruit

**Lunch:** Hamburger, veggie burger; or hotdog; and vegetable of the day

**Afternoon Snack:** Fig Newton and milk

### **FRIDAY**

**Morning Snack:** Yogurt and fruit

**Lunch:** Pizza (meat, veggie or cheese), and vegetable of the day

**Afternoon Snack:** Granola bar and milk

**Please note there may be substitutions to the planned menu.**

### **Allergy information:**

- All foods served in our children's programs are free of peanuts and tree nuts;
- If your child has food allergies/sensitivities and you are concerned with the day's menu, please consult with the Food Service Supervisor for alternatives to the menu.
- If the food allergies/sensitivities are severe, it is often best to send your child with their own lunch.