

Heritage Park Children's Programs

LUNCH/SNACK MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<b>AM SNACK</b> 7:30 - 8:30	Cereal fruit milk	English muffins, jam/ cheese whiz fruit & milk	Yogurt arrowroot fruit, milk	Pancakes fruit, milk	Oatmeal TT: cereal fruit, milk
<b>LUNCH</b> 11:30 - 12:30	Hot dogs, fruit, milk TT: bologna sandwich	Chicken noodle soup meat sandwiches fruit, milk	Chicken wraps caesar salad fruit, milk	Spaghetti, meat sauce fruit, milk	Sausages, mixed veg. mashed potatoes, milk
<b>PM SNACK</b> 3:30 - 4:30	Trail mix fruit, milk	Pretzels veggies & dip milk	Fruit cocktail crackers milk	Crackers, cucumbers pickles, cheese juice	Rice Krispies cake fruit, milk

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<b>AM SNACK</b> 7:30 - 8:30	Cereal fruit milk	Yogurt, graham wafers fruit milk	Toast jam/cheese whiz milk	Bagels, jam/cheese whiz, fruit, milk	Cereal fruit, milk
<b>LUNCH</b> 11:30 - 12:30	Grilled cheese fruit milk	Chicken nuggets Smiley face potatoes fruit, milk	Meat loaf, veggies mashed potatoes fruit, milk	Kraft dinner wieners/bologna fruit, milk	Meat sandwiches cheese fruit, milk
<b>PM SNACK</b> 3:30 - 4:30	Nachos sour cream, salsa juice	English muffins jam/cheese whiz fruit, milk	Popcorn, cheese cubes fruit, juice Toddlers: Animal crackers	Chocolate Graham C Fish crackers fruit, milk	Crackers veggies & dip juice

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<b>AM SNACK</b> 7:30 - 8:30	Apple sauce graham crackers milk	Toast jam/ cheese whiz milk	Oatmeal fruit, milk TT: cereal	Pancakes fruit, milk	Cereal fruit, milk
<b>LUNCH</b> 11:30 - 12:30	Cheese perogies corn fruit, milk	Meatballs rice, mixed veggies fruit, milk	Fish sticks tater tots fruit, milk	Lazy lasagna fruit, milk	Chicken breast rice, corn fruit, milk
<b>PM SNACK</b> 3:30 - 4:30	Cereals fruit, milk	Nachos, sour cream salsa, veggies juice	Crackers, pickles cheese fruit, milk	Yogurt, arrowroot fruit, milk	Trail mix fruit, milk

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<b>AM SNACK</b> 7:30 - 8:30	Cereal fruit milk	Fruit cocktail graham crackers milk	Waffles fruit, milk	Muffins fruit milk	Yogurt arrowroot cookies fruit, milk
<b>LUNCH</b> 11:30 - 12:30	Chicken noodle soup cheese bun fruit, milk	Chicken fingers mashed potatoes mixed veg, milk	Taco salad fruit, milk	Pizza buns fruit, milk	Chicken, pasta cheese fruit, milk
<b>PM SNACK</b> 3:30 - 4:30	Apple sauce rice cakes milk	Tortillas ham & cheese fruit, milk	Arrowroot cookies fruit, milk	Pudding graham crackers fruit, water	Pretzels veggies & dip milk