



# Over the Rainbow

# Week 1

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Fresh Apples	Bananas	Orange Slices	Strawberries	Bananas
Grain-Bread	Cinnamon Toast Cereal	French Toast	Chex	Waffles	Toasty O's
Age Appropriate Sub.					
LUNCH	Mac 'N Cheese w/ diced Ham	Chicken Nuggets	Turkey, Gravy & Mashed Potato's	Chicken Quesadilla	Cheese Pizza
Meat-Meat Alternate	Diced Ham	Chicken Nuggets	Turkey & Gravy	Diced Chicken	
				Shredded Cheese	Cheese
Grain-Bread	Mac 'N Cheese			Flour Tortilla	Pizza crust
Fruit-Vegetable [1]	Peas	Carrots	Mashed Potato's & Corn	Vegetarian Beans, Salsa	Salad
Fruit-Vegetable [2]	Peaches	Strawberries	Bananas	Pineapple	Melon
Milk	Milk	Milk	Milk	Milk, Sour Cream	Milk
Age Appropriate Sub.					
PM SNACK					
Milk	Milk,	Ranch Dressing	Milk	Milk	Sliced Cheese
Meat-Meat Alternate			Strawberry Yogurt		
Fruit-Vegetable					
		Fresh Vegetables			
Grain-Bread	Graham Crackers			Banana Bread	Crackers
Age Appropriate Sub.		Steamed Vegetables			

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.

# Over the Rainbow

# Week 2

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Apple Slices	Pears	Oranges	Mixed Fruit
Grain-Bread	Toasty O's	Pancakes	Bagel w/cream cheese	Waffles	Cinnamon Toast cereal
Age Appropriate Sub.					
LUNCH	Spaghetti w/Meat Sauce	Cheese Burger	Fish Sticks	Turkey Tacos	Grilled Cheese
Meat-Meat Alternate	Turkey Meat	Burger & Cheese	Fish Sticks	Ground Turkey	Cheese
Grain-Bread	Pasta	Bun	Rice	Tortilla	Bread
Fruit-Vegetable [1]	Green Beans	Peas	Rice & Broccoli	Beans, Salsa	Tomato Soup
Fruit-Vegetable [2]	Peaches	Strawberries	Mixed Fruit	Pineapple	Oranges
Milk	Milk	Milk	Milk	Milk, Sour Cream, Shredded Cheese	Milk
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt	Cream Cheese	Milk	Milk	Sliced Cheese
Meat-Meat Alternate					
Fruit-Vegetable	Pineapple		Apple Slices		
		Celery Sticks			
Grain-Bread				Graham Crackers	Crackers
Age Appropriate Sub.		Steamed Vegetables			

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# Over the Rainbow

# Week 3

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Bananas	Mixed Fruit	Oranges	Pears
Grain-Bread	Rice Krispies	French Toast Sticks	Chex	Pancakes	Kixx
Age Appropriate Sub.					
LUNCH	Macaroni & Cheese with Diced Ham	Meat Ball Sub	Turkey Tacos	Grilled Chicken Sandwich	Pizza
Meat-Meat Alternate	Diced Ham	Meat Balls	Ground Turkey	Chicken Breast	Cheese
	Cheese Sauce				
Grain-Bread	Pasta	Roll	Flour Tortilla	Roll	Pizza dough
Fruit-Vegetable [1]	Broccoli	Sweet Potato Tator Tots	Peas, Salsa	Corn	Salad
Fruit-Vegetable [2]	Oranges	Pears	Apple Slices	Peaches	Melon
Milk	Milk	Milk, Shredded Cheese	Milk, Shredded Cheese, Sour Cream	Milk	Milk, Shredded Cheese
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt	Milk	Milk	Milk	Milk
Meat-Meat Alternate					
Fruit-Vegetable				Peach Muffin	
	Pine-Apple				
Grain-Bread		Pretzels	Gold Fish	Muffin Mix	Graham Crackers

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children (age 12-24 month) are served unflavored whole milk. After 24 months, all children are served 1% unflavored milk.

# Over the Rainbow

# Week 4

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Apple Sauce	Mixed Fruit	Oranges	Pears
Grain-Bread	Toasty O's	Waffles	Chex	Pancakes	Kixx
Age Appropriate Sub.					
LUNCH	Pasta with Meat Sauce	Chicken & Rice Casserole	Turkey Sandwich	Egg Sandwich	Grilled Cheese & Tomato Soup
Meat-Meat Alternate	Turkey	Chicken	Sliced Turkey	Egg Patty	Cheese
		Cream of Chicken Soup			
Grain-Bread	Pasta	Rice	Wheat Bread	Bun	Whole Wheat Bread
Fruit-Vegetable [1]	Broccoli & Tomato Sauce	Peas & Carrots	Green Beans	Corn	Salad & Tomato Soup
Fruit-Vegetable [2]	Oranges	Pears	Apple Slices	Peaches	Mixed Fruit
Milk	Milk	Milk	Milk	Milk, Cheese	Milk
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt	Milk	Milk	Milk	Milk
Meat-Meat Alternate				Cheese	
Fruit-Vegetable					
	Peaches	Carrots & Ranch Dressing	Pineapple Muffins		
Grain-Bread				Crackers	Pretzels
Age Appropriate Sub		Steamed Carrots			

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