



Weekly Menu Example

	BREAKFAST	LUNCH	AM SNACK	PM SNACK
REQUIREMENTS	(<u>Early Drop-Off Only</u>), Juice/Fruit or Vegetable, Dairy, & Grain	Dairy, Meat/Meat Alternative, Grain, Two Fruits or Two Vegetables, or One of Each	Two of the Following: Dairy or Meat/Meat Alternative, Grain, Fruit or Vegetable	Two of the Following: Dairy or Meat/Meat Alternative, Grain, Fruit or Vegetable
MONDAY	Greek Yogurt & Granola Parfait with Berries	Whole Grain Pasta with Wild Salmon in a Cream Sauce, & Garden Salad	Veggie Chips & String Cheese	Apples & Rice Crackers
TUESDAY	Eggs w/Cheddar & Spinach, & English Muffin	Chicken & Cheese Quesadilla (Whole Grain Tortilla), Black Bean & Kale Salad	Hummus & Pita Chips	Popcorn & Apples
WEDNESDAY	Cinnamon Oatmeal & Banana Slices	Tofu Veggie Fried Rice & Grilled Broccoli	Seaweed & Rice Crackers	Sweet Potato Crips & Green Smoothie (Avocado, Kale, Honey, Banana, Oatmilk, & Ice)
THURSDAY	Whole Grain Berry Breakfast Muffin	Teriyaki Chicken w/ Brown Rice & Stir Fried Vegetables	Nut-free Trail Mix	Cheese & Tortilla Chips
FRIDAY	Whole Wheat French Toast & Bananas	Baked Zucchini Cheese Lasagna, & Rainbow Carrots w/Ranch	Bagel Chips w/Cream Cheese	Whole Grain Crackers & Sun- butter

The menu may change without notice to serve the immediate needs of the children. The menu adheres to Washington State's food requirements for children through the age of 5. Meals also include milk or a milk substitute. Substitutions may be made for children with allergies or dietary restrictions. Organic items are incorporated throughout the menu.