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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Whole Grain Cheerios Whole Wheat Bread/Muffin 100% Cranberry Juice Milk	Corn Flakes Whole Wheat Bread/Muffin 100% Orange Juice Milk	Kix Cereal Whole Wheat Bread/Muffin 100% Apple Juice Milk	Rice Krispies Whole Wheat Bread/Muffin 100% Grape Juice Milk	Rice Chex Whole Wheat Bread/Muffin 100% Fruit Punch Milk
Lunch	Whole Grain Pasta Alfredo with Chicken & Broccoli Mango Milk	Chicken Stir-Fry Brown Rice, Peas, Carrots & Green Beans Teriyaki Sauce Peaches Milk	Shepherd's Pie: Ground Beef, Sweet Corn, Potato Crust Navel Oranges Sliced Bread Milk	Cheese Ravioli w/Parmesan Whole Wheat Bun Corn Pineapple Milk	Sandwiches on Whole Wheat Bread Salad (Romaine Lettuce, Tomato, Carrot, Vinaigrette) Banana, Apple or Pear Milk
Snack	Grahams Applesauce Water	Whole Grain Cheez-its Pears Water	Cheddar Cheese Sticks Whole Grain Crackers Water	Whole Grain Goldfish Banana, Apple, Pear Water	Vanilla Yogurt Pineapple Water

*****MENU SUBJECT TO CHANGE*** If your child has a food allergy, please inform the Center Director.**

FRUITS SERVED: Pineapple, Peaches, Pears, Oranges, Bananas, Watermelon, Seasonal Fruit, Mixed Fruit, Applesauce

CRACKERS: Whole Wheat Squares, Whole Grain Cheez-its, Grahams, or Animal Crackers

SANDWICHES: Tuna, Chicken Salad, Ham, Turkey

BEVERAGES: 100% Fruit Juices, Whole Milk (infant – 2 yrs. old), 1% Milk (age 2 and above), Bottled Spring Water

Please feel free to contact Jason Stump for any questions regarding our ingredients: jstump@wesoldieron.org



Playful Minds food service is provided by Soldier On, Inc., a nonprofit organization committed to ending veteran homelessness.

With a goal of providing permanent, sustainable, supportive housing to formerly homeless veterans, Soldier On offers a continuum of programs to ensure that veterans and their families have access to immediate and long-term housing with an array of support services delivered to them where they live.

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Lunch	Teriyaki Turkey Bites Whole Wheat Bread Cartooned Brown Rice Mango Milk	wg Chicken Parmesan Green Beans Whole Wheat Bread Peaches Milk	Ground Chicken Tacos with Cheese, Lettuce and Tomato Navel Oranges Milk	Whole Grain Pasta with Meat Sauce Parmesan Green Beans Pineapple Milk	Turkey & Cheese Wraps (on Whole Wheat Wraps) Salad (Romaine Lettuce, Tomato, Carrot, Vinaigrette) Banana, Apple or Pear Milk
Snack	Grahams Applesauce Water	Whole Grain Cheez-its Pears Water	Cheddar Cheese Sticks Whole Grain Crackers Water	Whole Grain Goldfish Banana, Apple, Pear Water	Vanilla Yogurt Pineapple Water

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Lunch	Chicken Patty (Whole Grain) Whole Wheat Roll Wax Beans Mango Milk	House-made Chicken Meatballs with Gravy Sliced Whole Wheat Bread Carrots, Peaches Milk	Whole Grain Chicken Tenders Brown Rice with Green Beans Navel Oranges Milk	Diced Turkey with Gravy Potato Whole Wheat Rolls Pineapple Milk	Sandwiches on Whole Wheat Bread Salad (Romaine Lettuce, Tomato, Carrot, Vinaigrette) Banana, Apple or Pear Milk
Snack	Grahams Applesauce Water	Whole Grain Cheez-its Pears Water	Cheddar Cheese Sticks Whole Grain Crackers Water	Whole Grain Goldfish Banana, Apple, Pear Water	Vanilla Yogurt Pineapple Water

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Lunch	House-made Meatballs with Marinara Sauce Whole Wheat Rolls Sweet Corn Mango Milk	House-made Mac & Cheese Whole Wheat Roll Carrots Peaches Milk	Traditional Ground Beef Meatloaf Brown Rice with Chopped Broccoli Navel Oranges Milk	Whole Grain Pasta with Meat Sauce & Cheese Corn Pineapple Milk	Honey Ham & Cheese Wraps (Whole Wheat) Salad (Romaine Lettuce, Tomato, Carrot, Vinaigrette) Banana, Apple or Pear Milk
Snack	Grahams Applesauce Water	Whole Grain Cheez-its Pears Water	Cheddar Cheese Sticks Whole Grain Crackers Water	Whole Grain Goldfish Banana, Apple, Pear Water	Vanilla Yogurt Pineapple Water

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