

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Spinach, Mozzarella, Egg Scramble ^(AR, A, C) , Cantaloupe ^(RAW, A, C) , Toast ^(WG) Whole or 1% Milk ^(A)	Breakfast Bake ^(AR, A) Biscuits Strawberries ^(RAW, C) Whole or 1% Milk ^(A)	Pancake Blue Berries ^(A, C) Whole or 1% Milk ^(A)	Mini Bagel Cream Cheese ^(A) Honeydew ^(RAW, A, C) Whole or 1% Milk ^(A)	Cereal ^(WG) Clementine's ^(RAW, A, C) Whole or 1% Milk ^(A)
AM Snack	Pretzels Banana ^(RAW, A, C) Water	Egg Salad ^(AR, A) Triscuits Water	Purple Smoothie ^(AR, A, C) (berries, spinach, & yogurt) Toast ^(WG) Water	Mixed Berry Parfait ^(AR, A, C) Granola Water	Cream Cheese Spinach ^(A, C) Roll-up Water
Lunch	Mexican Beef & Rice Casserole ^(AR) Corn ^(A, C) Oranges ^(RAW, A, C) Whole or 1% Milk ^(A)	Sausage, Broccoli and cheddar soup ^(AR, A, C) Grapes ^(RAW, A, C) Roll ^(WG) Whole or 1% Milk ^(A)	Spaghetti Squash Lasagna ^(AR) Fruit cocktail ^(A, C) Garlic Toast ^(WG) Whole or 1% Milk ^(A)	Mini Pulled Pork Sandwich ^(AR, WG) Pineapple ^(A, C) Salad ^(RAW) Whole or 1% Milk ^(A)	Turkey Wraps Mixed Veggies Apples ^(RAW, A, C) Whole or 1% Milk ^(A)
PM Snack	Green Salad ^(RAW, A, C) Club Crackers Water	Italian Calzone Pockets ^(AR, WG) Water	String Cheese Cucumber w/ Ranch Water	Banana Nut Muffin ^(AR) Whole or 1% Milk ^(A)	Peaches ^(A, C) Cottage Cheese Water

AristoCat Children's Academy is an equal opportunity provider.

WG = Whole Grain **RAW** = A fresh fruit or vegetable **C** = Vitamin C **A** = Vitamin A
R = Homemade using a standard recipe to ensure proper ratios of nutritional components

AristoCat Children's Academy
Winter Week 1

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blue Berry Muffin Honey Dew ^(RAW) Whole or 1% Milk	Country Breakfast Skillet ^(AR) Biscuit Whole or 1% Milk	Cinnamon Raisin Oatmeal Whole or 1% Milk	French Toast ^(WG) Mixed Berries Whole or 1% Milk	Sausage Wrap Pineapple Whole or 1% Milk
AM Snack	Green Smoothie ^(AR, RAW) (veggie, yogurt) Water	Banana Nutella ^(RAW) Pinwheel Water	Peanut Butter ^(AR) Protein Bites Strawberry ^(RAW) Water	Pears Cottage Cheese Water	Toast ^(WG) Applesauce Water
Lunch	Beef Tip Mashed Potatoes & Gravy ^(AR) Roll ^(WG) Oranges ^(RAW) Whole or 1% Milk	Fajita Chicken Soup ^(AR) Corn Bread Grapes ^(RAW) Whole or 1% Milk	Tator Tot Casserole ^(AR) Green Beans Pears Bread ^(WG) Whole or 1% Milk	Ham, Penne & Pea Casserole ^(AR) Peaches Whole or 1% Milk	Corn Dog Fruit Cocktail Green Salad ^(RAW) Whole or 1% Milk
PM Snack	Scone Bites Strawberries ^(RAW) Water	Ham & Cheese Roll up Water	Clementine's Ritz Crackers Whole or 1% Milk	Carrots Saltine Crackers Water	Animal Crackers Yogurt Water

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AristoCat Children's Academy
Winter Week 2

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ham, Egg & Cheese Cups ^(AR) Biscuit Whole or 1% Milk ^(A)	Orange-Cranberry Muffin ^(AR) Honey Dew ^(RAW) Whole or 1% Milk ^(A)	Strawberry ^(RAW) Cream Cheese Calzone Whole or 1% Milk ^(A)	Hash brown Casserole ^(AR) Whole or 1% Milk ^(A)	Cereal ^(WG) Clementine ^(RAW) Whole or 1% Milk ^(A)
AM Snack	Mini Bagel ^(WG) Bananas ^(RAW) Water	Raspberry Yogurt Parfait Granola Water	Cheese Quesadilla ^(WG) Water	Clementines ^(AR) Tricots ^(WG) Water	Cucumber Chips w/ Ranch ^(RAW) Club Crackers Water
Lunch	Chicken, Broccoli, Rice and Cheese Casserole ^(WG) Grapes ^(RAW) Whole or 1% Milk ^(A)	Minestrone Soup ^(AR) Corn Bread Peaches Whole or 1% Milk ^(A)	Garlic Butter Tilapia Rice Pilaf Oven Roasted Carrots ^(RAW) Fruit Cocktail Whole or 1% Milk ^(A)	Pepperoni Pizza ^(WG) Pineapple Green Beans Whole or 1% Milk ^(A)	Chicken Bacon Ranch Wrap ^(AR) Celery ^(RAW) Oranges ^(RAW) Whole or 1% Milk ^(A)
PM Snack	Orange Smoothie ^(AR) (peaches, oranges, carrots & yogurt) Water	Cheese Its ^(WG) Apple Sauce Water	Zucchini Bread Muffin Whole or 1% Milk ^(A)	Pretzels Pears Water	Wheat Cracker ^(WG) Sting Cheese Whole or 1% Milk ^(A)

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AristoCat Children's Academy
Winter Week 3

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Potato Omelet Breakfast Bite ^(AR) Toast ^(WG) 1% or Whole Milk ^(A)	Biscuits Sausage Gravy Banana ^(RAW) 1% or Whole Milk ^(A)	Waffles ^(WG) Blueberries 1% or Whole Milk ^(A)	Breakfast Burrito ^(AR) Cantaloupe ^(RAW) 1% or Whole Milk ^(A)	Ham & Cheese Croissant 1% or Whole Milk ^(A)
AM Snack	Green Salad ^(RAW) Triscot ^(WG) Water	Snap Peas w/ ranch ^(RAW) Pretzels Water	Yellow Smoothie (Peaches, bananas & yo- gurt) Water	Bean & Cheese Quesadilla ^(WG) Water	Mango Yogurt Water
Lunch	Teriyaki Chicken ^(AR) Rice ^(WG) Broccoli ^(RAW) Pineapple ^(RAW) 1% or Whole Milk ^(A)	Italian Sausage & Rice ^(WG) Soup ^(AR) Celery ^(RAW) Clementines ^(RAW) 1% or Whole Milk ^(A)	Green Chili Chicken Casserole ^(AR) Bread ^(WG) Salad ^(RAW) Grapes ^(RAW) 1% or Whole Milk ^(A)	Butter Lemon Fish Cabbage ^(AR) Apple Slices ^(RAW) 1% or Whole Milk ^(A)	Beef Lo Mein ^(AR) Broccoli ^(RAW) Carrots ^(RAW) 1% or Whole Milk ^(A)
PM Snack	Sliced Cheese Club Crackers Water	Mixed Berry Muffin 1% or Whole Milk ^(A)	Cheesy Cauliflower Bites Water	Stuffed Cheese Roll ^(AR) Water	Yogurt Pretzels Water

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AristoCat Children's Academy
Winter Week 4