

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Applesauce Toast ^(WG) 1% or Whole Milk ^(A)	Pancakes ^(WG) Mixed Berries 1% or Whole Milk ^(A)	Country Breakfast Skillet Biscuit 1% or Whole Milk ^(A)	Blueberry Muffin Strawberries ^(RAW) 1% or Whole Milk ^(A)	Cereal ^(WG) Banana ^(RAW) 1% or Whole Milk ^(A) (A)
Lunch	Roast Beef Mashed Potatoes Gravy Oranges ^(RAW) Croissant Whole Milk ^(A)	Chicken Enchiladas ^(WG) Mixed Veggies Fruit Cocktail 1% or Whole Milk ^(A)	Spaghetti ^(WG) Corn Garlic Toast Peaches 1% or Whole Milk ^(A)	Chicken Noodle Soup Oranges ^(RAW) Dinner Roll ^(WG) 1% or Whole Milk ^(A)	Ham & Cheese Sliders Carrot Sticks ^(RAW) Apple Slices ^(RAW) 1% or Whole Milk (A)
PM Snack	Green Smoothie ^(RAW) (yogurt, spinach & pears) Club Cracker Water	Side Salad ^(RAW) w/ Ranch Sliced Cheese Water	Watermelon ^(RAW) Animal Crackers Water	Raspberry Yogurt Bowls with Granola Water	Wheat Thins Cucumbers ^(RAW) Ranch 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

Whole Milk is served to students under 24 months. 1% Milk is served to all other students.

AristoCat Children's
 Academy
 Summer Week 1

Menu



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Mini Spinach ^(RAW, R) Frittata Honey Dew Toast ^(WG) 1% or Whole Milk ^(A)	Waffles Strawberries ^(RAW) 1% or Whole Milk ^(A)	Mixed Berry Oatmeal ^(WG) 1% or Whole Milk ^(A)	Sausage Breakfast Casserole Cantaloupe ^(RAW, R) 1% or Whole Milk ^(A)	Cereal ^(WG) Clementine ^(RAW) 1% or Whole Milk ^(A)
Lunch	Mongolian Beef ^(R) Rice Broccoli ^(RAW) Oranges ^(RAW) 1% or Whole Milk ^(A)	Chicken Alfredo Penne ^(WG, R) Baked Zucchini ^(RAW) Grapes 1% or Whole Milk ^(A)	Sloppy Joe Potato Salad ^(R) Watermelon ^(RAW) 1% or Whole Milk ^(A)	Italian Meatloaf ^(R) Breadstick ^(WG) Green Beans Fruit Cocktail 1% or Whole Milk ^(A)	Monte Cristo ^(WG, R) Veggie Sticks ^(RAW) Pineapple 1% or Whole Milk ^(A)
PM Snack	Apple Slices ^(RAW) Peanut Butter Water	Cucumber Bites ^(RAW) Ranch Ritz Crackers Water	Orange Smoothie ^(RAW, R) (Mango, Carrot & Yogurt) Water	Peach Muffin ^(R) 1% or Whole Milk ^(A)	Pretzels String Cheese Water

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AristoCat Children's
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Summer Week 2

Menu



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Ham & Hash Brown Casserole Banana ^(RAW) 1% or Whole Milk ^(A)	Cereal ^(WG) Cantaloupe ^(RAW) 1% or Whole Milk ^(A)	Mini Bagel ^(WG) Cream Cheese Oranges ^(RAW) 1% or Whole Milk ^(A)	Breakfast Burrito ^(WG) Peaches 1% or Whole Milk ^(A)	Biscuits Sausage Gravy Strawberries ^(RAW) 1% or Whole Milk ^(A)
Lunch	Beef Stroganoff ^(WG) Corn Apple Slices ^(RAW) 1% or Whole Milk ^(A)	Chicken Nuggets Mashed Potatoes Gravy Fruit Cocktail Dinner Roll ^(WG) 1% or Whole Milk ^(A)	Southern Taco Soup Corn Bread Clementine ^(RAW) 1% or Whole Milk ^(A)	Shepard's Pie Croissant Pineapple 1% or Whole Milk ^(A)	Tuna Fish Sandwich ^(WG) Cucumber Spears ^(RAW) Pears 1% or Whole Milk ^(A)
PM Snack	Carrots ^(RAW) Ranch Club Crackers Water	Creamy Yogurt Fruit Salad Water	Ritz Crackers Watermelon ^(RAW) Sorbet Pop Water	Zucchini Muffin Pears Water	Cottage Cheese Peaches Water

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AristoCat Children's
Academy
Summer Week 3

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ham & Cream Cheese Bagel Cantaloupe ^(RAW) 1% Or Whole Milk ^(A)	Cinnamon French ^(WG) Toast Sticks Strawberries ^(RAW) 1% Or Whole Milk ^(A)	Apple Oatmeal Bananas ^(RAW) 1% Or Whole Milk ^(A)	Sausage & Egg Biscuit Honeydew ^(RAW) 1% Or Whole Milk ^(A)	Cereal ^(WG) Oranges ^(RAW) 1% Or Whole Milk ^(A)
Lunch	Beef Noodle ^(WG) Casserole Peas Clementine ^(RAW) 1% Or Whole Milk	Orange Chicken Stir Fry Egg Fried Rice Broccoli ^(RAW) Pineapple 1% Or Whole Milk ^(A)	Baked Tilapia Green Beans Pears Dinner Roll ^(WG) 1% Or Whole Milk ^(A)	Cheese Burger Sweet Potato Fries Watermelon ^(RAW) 1% Or Whole Milk ^(A)	Oriental Chicken Pasta Salad ^(WG) Apples ^(RAW) Corn 1% Or Whole Milk ^(A)
PM Snack	Veggie Plate ^(RAW) Ranch Cheese Its Water	Cauliflower ^(RAW) & Homemade Cheese Sauce Water	Purple Smoothie ^(RAW) (mixed berries, spinach and yogurt) Pretzels Water	Refried Bean & Cheese Quesadilla ^(WG) Water	Banana Nut Muffin 1% Or Whole Milk ^(A)

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AristoCat Children's
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Summer Week 4