

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Spinach, Mozzarella, Egg Scramble Toast ^(WG) Pears 1% or Whole Milk ^(A)	Oatmeal ^(WG) Peaches 1% or Whole Milk ^(A)	Pancakes ^(WG) BlueBerries ^(RAW) 1% or Whole Milk ^(A)	Mini Bagel ^(WG) Cream Cheese Banana 1% or Whole Milk ^(A)	Cereal ^(WG) Oranges ^(RAW) 1% or Whole Milk ^(A) _(A)
Lunch	Mexican Beef & Rice Casserole Corn Oranges 1% or Whole Milk ^(A)	Grilled Cheese Sandwiches and tomato soup Celery ^(RAW) Grapes ^(RAW) 1% or Whole Milk ^(A)	Spaghetti Squash Lasagna Fruit Cocktail Garlic Toast 1% or Whole Milk ^(A)	Mini Pulled Pork Sandwich Pineapple Salad 1% or Whole Milk ^(A)	Spinach Turkey Wraps Mixed Veggies ^(RAW) Apple Slices ^(RAW) 1% or Whole Milk ^(A)
PM Snack	Side Salad ^(RAW) w/ Ranch Club Cracker Water	Banana Nut Muffin 1% or Whole Milk _(A)	Cucumbers ^(RAW) String Cheese Water	Peaches Cottage Cheese Water	Pretzels Yogurt 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
Winter Week 1

Menu



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Blue Berry Muffin ^(R,WG) Banana 1% or Whole Milk ^(A)	Country Breakfast Skillet Biscuit Strawberries ^(RAW) 1% or Whole Milk ^(A)	Cinnamon Raisin Oatmeal Apples ^(RAW) 1% or Whole Milk ^(A)	French Toast Sticks Mixed Berries ^(RAW) 1% or Whole Milk ^(A)	Cereal ^(WG) Oranges ^(RAW) 1% or Whole Milk ^(A)
Lunch	Roast Beef & Gravy ^(R) Mashed Potatoes ^(RAW) Dinner Roll ^(WG) Oranges ^(RAW) 1% or Whole Milk ^(A)	Fajita Chicken Soup ^(WG, R) Corn Bread Grapes ^(RAW) 1% or Whole Milk ^(A)	Tator Tot Casserole ^(R) Green Beans Pears Bread ^(WG) 1% or Whole Milk ^(A)	Ham, Penne & Pea Casserole ^(R,WG) Peaches 1% or Whole Milk ^(A)	Corn Dog Mixed Veggies Fruit Cocktail 1% or Whole Milk ^(A)
PM Snack	Apple Slices ^(RAW) Peanut Butter Water	Banana Nutella Pinwheel ^(WG) Water	Oranges ^(RAW) Ritz Crackers Water	Broccoli with Ranch Saltine Crackers Water	Animal Crackers Yogurt Water

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AristoCat Children's
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Winter Week 2

Menu



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Ham, Egg and Cheese Cups Biscuits Banana ^(RAW) 1% or Whole Milk ^(A)	Cranberry Muffin ^(WG) Pears 1% or Whole Milk ^(A)	Strawberries & Cream Cheese Calzone ^(RAW) 1% or Whole Milk ^(A)	Hash Brown Casserole Oranges 1% or Whole Milk ^(A)	Waffles ^(WG) Peaches 1% or Whole Milk ^(A)
Lunch	Teriyaki Chicken ^(R) Rice ^(WG) Broccoli ^(RAW) Pineapple 1% Or Whole Milk ^(A)	Beef Minestrone Soup ^(AR) Corn Bread Peaches 1% or Whole Milk ^(A)	Tuan Fish Sandwiches ^(WG) Carrots ^(RAW) Apple Slices ^(RAW) 1% or Whole Milk ^(A)	Pepperoni Pizza ^(WG) Pineapple Green Beans 1% or Whole Milk ^(A)	Chicken, Bacon Ranch Wrap ^(WG) Celery ^(RAW) Oranges ^(RAW) 1% or Whole Milk ^(A)
PM Snack	Orange Smooth ^(R) (mango, carrots & yo- gurt) Water	Cheese Its ^(WG) Apple Sauce Water	Cheese Quesadilla ^(WG) Fruit Cocktail Water	Pretzels Pears Water	Cucumber Chips w/ Ranch Club Crackers Water

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AristoCat Children's
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Winter Week 3

Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Potato Omelet Breakfast bite ^(R) Toast ^(WG) Peaches ^(RAW) 1% Or Whole Milk ^(A)	Biscuits With Sausage Gravy Banana ^(RAW) 1% Or Whole Milk ^(A)	Waffles ^(WG) Blueberries 1% Or Whole Milk ^(A)	Breakfast Burrito ^(R, WG) Pears 1% Or Whole Milk ^(A)	Ham and Cream Cheese Crescent Roll ^(WG) Strawberries ^(RAW) 1% Or Whole Milk ^(A)
Lunch	Shepherd's Pie ^(WG) Bread Oranges ^(RAW) 1% or Whole Milk ^(A)	Butter Lemon Tilapia Cabbage Apple Slices Rice Pilaf ^(WG) 1% Or Whole Milk ^(A)	Green Chili Chicken Casserole ^(R) Bread ^(WG) Salad ^(RAW) Fruit Cocktail 1% Or Whole Milk ^(A)	Sausage, Broccoli and Cheddar Soup Grapes ^(RAW) Roll 1% or Whole Milk	Beef Lo Mein Broccoli Pineapple 1% Or Whole Milk ^(A)
PM Snack	Sliced Cheese Club Crackers Water	Carrots with Ranch Ritz Crackers Water	Smoothie ^(RAW) (mixed berries, spinach and yogurt) Water	Stuffed Cheese Roll With Marinara Sauce Water	Mango Chunks Yogurt 1% Or Whole Milk ^(A)

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AristoCat Children's
 Academy
 Winter Week 4