

Rainbow River

Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Strawberries (C) Milk	Maple Baked French Toast Apricots (A) Milk	Waffles Mixed Berries (C) Milk	Egg Bites W/ Turkey Sausage Blueberries (C) Milk	Cream Of Wheat Raspberries (C) Milk
Lunch	Spaghetti (WRG) W/ Beef Crumble Green Beans Mango (A) Milk	Pineapple Chicken w/ WGR Rice Peas Oranges (C) Milk	Ham & Cheese WGR Sandwich Bread Mixed Veggies Apples (A) Milk	Chicken Stir-Fry W/Vegetables & WRG Rice Mandarins (C) Milk	Pork Sausage & Cheese Pizza Cups Broccoli Pears Milk
Snack	String Cheese Bananas Water	Pita Bread Fruit Dip Water	Peach (A) & Yogurt Smoothie Graham Crackers	Re-Fried Beans WGR Flour Tortilla Water	Berry Parfaits (Berries Yogurt)
Snack (Non-CACPF)	Meatballs Triscuit Woven Crackers Water	Pumpkin Muffins Squares Milk	Bread Sticks Marinara Sauce Water	Carrots & Cucumber Seed Butter Water	Cheddar Goldfish Grape Juice

* 1-2 Year Old Whole Milk

*All Breakfast And Lunches Served With Milk

*C= Vitamin C (Daily)

*all Juices Are 100% Fruit. (limit Twice A Week)

• 2-6 Old 1% Milk

* A= Vitamin A (at Least 3 Times Per Week)

*WGR= Whole Grain Rich (DAILY)

This institution is an equal opportunity provider

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Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal Bananas (C) Milk	Scrambled Eggs Raspberries (C) Milk	WGR Pancakes Berry Blend (C) Milk	Oatmeal Muffins Pears (C) Milk	Waffles Applesauce Milk
Lunch	Ham WGR Macaroni And Cheese Mixed Vegetables Fruit Cocktail Milk	Chicken Alfredo WRG Noodles Green Beans Peaches (A) Milk	Zucchini WGR Lasagna Carrots Mango (A) Milk	Chili W/ Cheese Corn Bread Corn Apricots (A) Milk	Beef Burgers WGR Bun Watermelon (C) Beets Milk
Snack	Cheesy Toast Fruit Juice	Ginger Bread Milk	Raisin Toast Bananas (C) Water	Bagels w/ Cream Cheese Pineapples Water	Apples (A) Seed Butter
Snack (Non-CACPF)	Soft Granola Bars Milk	Ham Wheat Thin Crackers Water	Cubed Cheese Pickles Water	Pretzels Sliced Cheese Water	Cinnamon Toast Milk

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Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Life Cereal Strawberry & Banana (C) Blend Milk	Breakfast Pizza (egg, hash brown, sausage cheese) Apricots (A) Milk	Cinnamon Rice Raspberries (C) Milk	English Muffin W/ Ham & Cheese Peaches (A) Milk	Lemon Blueberry Muffin Milk
Lunch	Grilled Cheese W/ Ham WGR Sandwich Bread Tomato Soup Mandarins (C) Milk	Tuna Salad w/ WGR Sandwich Bread Peas (C) Fruit Cocktail Milk	Turkey WGR Roll Garlic Potatoes Pears (C) Milk	Arroz Con Pollo (WGR Rice & Chicken) Corn Mango (A) Milk	Jerk Fish Wrap WGR Flour Tortilla Pineapple (C) Beets Milk
Snack	Mini Graham Crackers W/Berry Seed Butter	Chicken Quesadilla WGR Flour Tortilla Water	Bagel Pizza Pineapple Water	Hard Boiled Eggs Chicken in a Biscuit Crackers	Banana Split W/ Oatmeal Sprinkles (Bananas & Yogurt)
Snack (Non-CACPF)	Carrots & Cucumbers Hummus	Yogurt Blueberries Water	Ham Club Original Crackers	Animal Crackers Milk	Apples (A) Seed Butter Water

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Menu 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Shredded Wheat Cereal Peaches (A) Milk	Fruit (C) And Yogurt Roll Ups (Fruit & Yogurt in WGR Tortilla) Milk	Cheese Cream Pear Toast Milk	Overnight Oats & Berries (C) Milk	Maple Bake French Toast Apricots (A) Milk
Lunch	Turkey Burger WGR Bun Mixed Veggies Peaches (A) Milk	BBQ Pulled Chicken WGR Roll Green Beans Watermelon (A) Milk	Beef Taco w/ WGR Flour Tortilla Mexicali Corn Mixed Berries (C) Milk	Cream Of Chicken Soup W/ Chicken WGR Biscuits Carrots Mango (A) Milk	Ham & Cheese Roll Ups w/ WGR Tortilla Beets Pineapple (C) Milk
Snack	English Muffin Jam Raisins	String Cheese Wheat Thin Crackers Water	Berry Parfaits (Berries & Yogurt) Water	Bread Sticks Cheese Slices Marinara Sauce Water	Peach & Yogurt Smoothie Graham Crackers
Snack (Non-CACPF)	Graham Crackers Milk	Meatballs Triscuit Woven Crackers Water	Applesauce Ritz Water	Waffles Blueberries Water	Pretzels Pickles Water

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Menu

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Lunch	Crabby Sandwich WGR Croissant Bread Apples (A) Milk	Chicken & WGR Waffles Peas Mandarins (C) Milk	BBQ Pulled Beef Sliders WGR Bun Green Beans Mango (A) Milk	Baked Tilapia WGR Roll Beets Peaches (A) Milk	Chicken Pot Pie w/WGR Biscuit W/ Mixed Veggies Apricots (A) Milk
Snack	Sweet Plantains Wheat Thin Crackers Water	Chicken Quesadillas WGR Flour Tortilla Water	Pumpkin Muffin Squares Milk	Yogurt Blueberries (C) Water	Pizza Bagels w/ Canadian Bacon Pineapple (C) Water
Snack (Non-CACPF)	Ginger Bread Milk	Raisin Toast Bananas (C) Water	Cubed Cheese Pickles Water	Cinnamon Toast Milk	Ham Saltine Crackers Water

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