



Butterfly Garden Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Oatmeal with Blueberries Milk	*Granola and Banana Slices Milk	Whole Grain Cereal** and "Cutie" Oranges Milk	*Toast with Peanut Butter and Banana Slices Milk	Whole Grain Cereal** with Orange Slices Milk
Lunch	Grilled Cheese *Sandwich with Green Beans and Apple Slices Milk	Chicken Sautéed with Quinoa and Peas and Carrots Strawberries Milk	Salad "Bar"- Spinach, Chickpeas, Cheese, Broccoli, Tomatoes, Carrots with *Crackers Milk	Peanut Butter and Jelly *Sandwich Celery with Peanut Butter and Carrots Milk	*English Muffin Cheese Pizza with Broccoli Sliced Watermelon Milk
Snack	Trail Mix - Whole Grain Cereal**, Sunflower Seeds and Golden Raisins	Pineapples and *Wheat Thin Crackers	Yogurt Parfait (Unsweetened Yogurt with added Honey, *Granola and Fruit)	Peanut Butter and Apples	*Ritz Crackers and Cheese

*Indicates whole grain product.

**Whole Grain Cereal may include: Kix, Cheerios, Corn Flakes, Rice Chex or Grape Nuts

Whole milk is served to infants under 2 years old. One percent milk is served to older children.

Seasonal fresh fruit or vegetables may be swapped according to availability.



Butterfly Garden Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Cheerios with Cutie Oranges Milk	*English Muffin with Peanut Butter and Bananas Milk	*Oatmeal with Blueberries Milk	*Whole Grain Banana Muffins with Strawberries Milk	*Waffles with Applesauce and Cinnamon Milk
Lunch	Homemade Macaroni* and Cheese with Broccoli and Apples Milk	Chicken *Noodle Soup with Celery Slices and Pears Milk	Fish Sticks, *Brown Rice with Carrots and Green Beans Milk	*Spaghetti with Tomato Sauce and Ground Turkey and Spinach Salad Milk	"Breakfast" *Burrito (Eggs, Cheese and Salsa) with Roasted Potato Medley Milk
Snack	Jicama Sticks and Yogurt Dip	*Wheat Thin Crackers and Cheese	Cottage Cheese and Pineapples	Strawberry Banana Smoothie (Made with Yogurt)	*Ritz Crackers with Homemade Bean Dip

*Indicates whole grain product.

**Whole Grain Cereal may include: Kix, Cheerios, Corn Flakes, Rice Chex or Grape Nuts

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Seasonal fresh fruit or vegetables may be swapped according to availability.



Butterfly Garden Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Whole Wheat Bagel with Peanut Butter and Apples Milk	*Granola and Banana Slices Milk	*Quinoa Porridge with Apples and Raisins Milk	Whole Grain Cereal** with Cutie Oranges Milk	Buckwheat Pancakes* and Strawberries Milk
Lunch	Chili with Cornbread and Orange Slices Milk	Cheese *Quesadilla with Spinach and Salsa Milk	Tuna *Sandwich with Homemade Baked Sweet Potato "Fries" and Pears Milk	*Pasta Salad (Pasta, Kidney Beans, Tomatoes, Spinach and Italian Dressing and Herbs) and Apple Slices Milk	*English Muffin Pizzas with Veggies Sliced Pears Milk
Snack	Yogurt Parfait (Unsweetened Yogurt with added Honey, *Granola and Fruit)	Graham Crackers and Grapes (Sliced)	*Rice Cakes and Peanut Butter	Fruit Salad & Pretzels	White Bean Dip and *Pita Bread

*Indicates whole grain product.

**Whole Grain Cereal may include: Kix, Cheerios, Corn Flakes, Rice Chex or Grape Nuts

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Seasonal fresh fruit or vegetables may be swapped according to availability.



Butterfly Garden Week 4 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal** with Cuties Milk	*Waffles with Applesauce and Cinnamon Milk	*Oatmeal with Blueberries Milk	*Granola with Banana Slices Milk	Whole Grain Cereal** with Apple Slices Milk
Lunch	Turkey Pita *Sandwiches with Spinach, Carrot Sticks and Apple Slices Milk	Black Bean and Cheese Burrito with Salsa and Grapes (sliced) Milk	Ham and Cheese Rollups With Rolls*, Broccoli and Cantaloupe Milk	*Brown Rice with Grilled Chicken and Peas Pineapples (in juice) Milk	Turkey Burgers on *Bun with Roasted Red Peppers with Rosemary and Thyme and Pears Milk
Snack	Celery and Peanut Butter	Apples and Yogurt Dip	Cottage Cheese and Pineapples (in juice)	*Wheat Thins & Cheese	Green Berry Smoothie (Made with Yogurt)

*Indicates whole grain product.

**Whole Grain Cereal may include: Kix, Cheerios, Corn Flakes, Rice Chex or Grape Nuts

Whole milk is served to infants under 2 years old. One percent milk is served to older children.

Seasonal fresh fruit or vegetables may be swapped according to availability.