

Pepper Valley Learning Center Lunch Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Peanut butter & Graham Crackers	Apple Slices & Yogurt	Orange Slices & Ritz Crackers	Cheerios & Milk	Oatmeal & Fruit
Chicken Burrito Bowls Over Rice w/ Black Bean & Corn	Cheeseburger Mac Salad Apple Sauce	Turkey Hot Dog Cucumbers W/ Ranch Orange Slices	Mini Cheese Pizza Mixed Vegetable Pears	Chicken Alfredo Noodles Green Beans Pineapple
Cheez it's & Fruit	Goldfish & Fresh Fruit	Chips & Humus	String Cheese & Crackers	Chewy Granola Bars & Fruit

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Muffins & Milk	Animal Cookies & Milk	Applesauce & Graham Crackers	Vanilla Wafers & Yogurt	Bagel & Cream Cheese
Chicken Noodle Soup Mixed Vegetables Peaches	Meatballs Subs w/ Cheese Vegetable Blend Peaches	Cheese Quesadilla Country Potatoes Mixed Fruit	Spaghetti W/Meat Sauce Crispy Green Beans Pears	Chicken "Fried" Rice W/Vegetables Apple Slices
Turkey & Cheese with Crackers	Fruit & Crackers	Spinach Dip & Chips	Peanut Butter & Ritz Crackers	Veggies & Ranch Dip

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Graham Crackers & Milk	Cheerios & Milk	Orange Slices & Crackers	Apple Sauce & Graham Crackers	Yogurt & Animals Cookies
Minestrone Soup Mixed Vegetables Crackers Peaches	Chicken Enchiladas Casserole Cucumber w/ ranch Mixed Fruit	Mini Corn Dogs Green Beans Apple Slices	Taco Bowls w/ Meat & cheese Sour Cream Corn Pineapple	White Cheddar Mac & Cheese Green Beans Orange Slices
Veggies & Ranch	Goldfish & Fruit	Chewy Granola Bars & Fruit	Crackers w/ Cheese	Peanut Butter & Ritz Crackers

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Bagel & Cream Cheese	Mandarin Oranges & Crackers	Crackers & Cheese	Peanut Butter & Graham Crackers	Cheerios & Milk
Chicken Stew w/ veggies Crackers Apple Slices	Chili Con Carne & Cheese over rice Mixed Vegetables Mixed Fruit	Turkey Sandwich Crispy Green Beans Orange Slices	Sloppy Joe Casserole Sweet Corn Fruit	Chicken Nuggets Green Beans Applesauce
Pretzel & Cheese Slices	Spinach Dip & Chips	Goldfish & Fruit	Veggies & Yogurt Dip	Fruit & Crackers

Week 5 (Used for months with 5 weeks)

Monday	Tuesday	Wednesday	Thursday	Friday
Muffins & Milk	Yogurt & Vanilla Wafers	Fresh Fruit & Wheat Thins	Graham Crackers & Milk	Apple Slices & Yogurt
Hamburgers Country Potatoes Apple Slices	Fish Sticks Salad with Ranch Fruit	Chicken Pot Pie Mixed Vegetables Pears	Sweet & Sour Beef Meatballs W/Rice Green Beans Pineapple	Turkey Roll Ups Cucumber w/ Ranch Orange Slices
Turkey & Cheese Slices with Crackers	Cheez-it's & Fresh Fruit	Veggies & Ranch Dip	String Cheese & Crackers	Peanut Butter & Ritz Crackers

Lunch is served with 1% Milk

Nutritious Snacks are served in the morning & afternoon and include 2 food groups

