



Grace Episcopal School shops weekly for the freshest fruits from our local community grocery vendors. Our healthy meal & snack choices are prepared on site, every day. In the event your child has dietary restrictions, feel free to pack flavorful food from home or we may be able to provide options.

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 1/3rd - 1/7th	AM Snack		Waffles, Applesauce, Bacon, and Whole Milk	Strawberry Poptart, Mandarin Oranges and Whole Milk	Cheese Toast, Lil Smokies and Whole Milk	Sausage Patty, Buttered Biscuit, and Whole Milk
	Lunch		Steakfingers, Macaroni & Cheese Diced Carrots, and Whole Milk	Chicken Tenders, Mashed Potatoes Mixed Vegetables, and Whole Milk	Spaghetti w/ Meat Sauce, Crackers, Green beans, and Whole Milk	Grilled Chicken, White Rice Green Peas, and Whole Milk
	PM Snack		Pineapple Chunks and Water	Animal Crackers and Water	Apple Slices and Water	Cheez-It Bites and Water
Week 2 1/10th - 1/14th	AM Snack	Oatmeal, Sausage Patty. and Whole Milk	French Toast, Bacon, and Whole Milk	Bagels w/Cream Cheese, Lil Smokie and Whole Milk	Mini-Crossiants w/Jam, Pork Ham and Whole Milk	Cheerios, Applesauce and Whole Milk
	Lunch	Chicken Nuggets, Mashed Potatoes, Mixed Vegetables and Whole Milk	Red Beans w/Sausage, White Rice Corn Bread and Whole Milk	Chicken Tenders, Macaroni & Cheese Green Peas, and Whole Milk	Steak fingers, White Rice Green Beans, and Whole Milk	Mini Corn Dogs, Baked Beans, Diced Peaches, and Whole Milk
	PM Snack	Rice Crispy Treats and Water	Bananas and Water	Chex Mix and Water	Apple Slices and Water	Mini Oreos and Water
Week 3 1/17th - 1/21st	AM Snack	Waffles, Lil Smokies, and Whole Milk	Blueberry Muffins, Yogurt and Whole Milk	Pancakes, Sausage Patty and Whole Milk	Scrambled Eggs, Pork Bacon and Whole Milk	NutriGrain Cereal Bar, Bac and Whole Milk
	Lunch	Meatballs w/Gravy, White Rice Green Beans, and Whole Milk	Chicken Tenders, Mashed Potatoes, Green Peas, and Whole Milk	Spaghetti w/Meat Sauce, Crackers Mixed Vegetables and Whole Milk	Grilled Chicken, Macaroni & Cheese, Diced Carrots and Whole Milk	Beef Picadillo w/Vegetables White Rice, and Whole Milk
	PM Snack	Ritz Bits Crackers and Water	Mixed Fruit Cups and Water	Graham Crackes w/Cream Cheese and Water	Sliced Cataloupe and Water	Mini Pretzels and Water
Week 4 1/24th - 1/28th	AM Snack	French Toast, Bacon and Whole Milk	Kaloche w/Sausage Yogurt, and Whole Milk	Mini Croissants, Lil Smokies Bananas, and Whole Milk	NutriGrain Cereal Bar, Applesauce and Whole Milk	Breakfast Taquitos, Diced Pears and Whole Milk
	Lunch	Steak fingers, Mashed Potatoes Mixed Vegetables, and Whole Milk	Chicken Nuggets, Macaroni Cheese, Diced Carrots, and Whole Milk	Beef Enchilada, White Rice, Corn, and Whole Milk	Chicken Soup w/Vegetables, Diced Pears, Crackers, and Whole Milk	Trio Noodles w/ Beef Meat Sauce, Crackers, Green Beans and Whole Milk
	PM Snack	Animal Crackers and Water	Bananas and Water	Cheez-It Crackers and Water	Rice Crispy Treats and Water	Apple Slices Water
Week 5	AM Snack					
	Lunch					
	PM Snack					

NOTE: All changes will be noted on the menu and kept on file in the center. Notes will include date and nature of substitution. Substitutions for dietary restrictions are noted on daily sheet.