

Stonebrook NutriSmart Menus August/Sept 2019 (Lunch 4wk cycle, Breakfast & Snack 3 wk cycle)

	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
B	Fresh Cinnamon Roll E M W S	Cocoa Cherry Bar S W w/ Colby Cheese Cubes M	Apple Maple Muffin Squares E M W S H	Yogurt Parfait with Strawberries M W S	Graham Crackers S W w/ String Cheese M
L	Egg & Spinach Power Wrap w/ Hashbrown M W V	Red Pepper Hummus Wrap M S W V Hummus Dip S	Beef Burrito Bowl M S W w/ Fiesta Beans Garden Salad w/ Assorted Dressings M E	Macaroni & Cheese M W V H w/ Breadstick S W Steamed Green Beans	Pepperoni and Cheese Pizza M S W H Garden Salad w/ Assorted Dressings M E
S	Seasonal Fresh Fruit Blueberry Muffin W E S	Fresh Veggies w/ Hummus S or Ranch Dip M E Chocolate Elf Grahams S W	Seasonal Fresh Fruit Goldfish Graham Crackers W	Fresh Veggies w/ Hummus S or Ranch Dip M E Sun Chips M W	Cheez-It Crackers M S W Colby Cheese Cubes M
B	Bagel W with Cream Cheese S W	Cocoa Cherry Bar S W w/ Colby Cheese Cubes M	Graham Crackers S W w/ String Cheese M	Yogurt Parfait with Blueberries M S W	Cocoa Banana Muffin Squares E M W S H
L	Huevos Rancheros Breakfast E M W w/ Hashbrown	Chicken Grillbites S w/ Seasoned Rice M California Blend Veggies	Chicken Walking Taco M S W w/ Black Beans Salsa & Sour Cream M Hummus Dip S	Grilled Chicken Sandwich S W Maple Seasoned Sweet Potatoes	Pepperoni and Cheese Pizza M S W H Garden Salad w/ Assorted Dressings M E
S	Fresh Veggies w/ Hummus S or Ranch Dip M E Cheddar Goldfish Crackers M W	Heartzel Pretzels W String Cheese M	Seasonal Fresh Fruit Scooby Doo Graham Sticks S W	Fresh Veggies w/ Hummus S or Ranch Dip M E Animal Crackers S W	Seasonal Fresh Fruit Cinnamon Graham Gripz Crackers M S W
B	Bistro Breakfast (Build a Yogurt Parfait w/ Hard Boiled Egg) E M W S	Cocoa Cherry Bar S W Colby Cheese Cubes M	Banana Berry Muffin Squares E M W S H	Oatmeal Chocolate Chip Bar E M W S Colby Cheese Cubes M	Graham Crackers S W String Cheese M
L	Chicken S W & Waffles E M S W w/ Roasted Root Vegetable Medley	Chicken Quinoa Salad E M Daily Fresh Veggies & Hummus S	Tangerine Chicken Rice Bowl E S W w/ Asian Vegetable Blend	Chicken Drumstick W w/ Baked Beans, Coleslaw E W & Roll W Hummus Dip S	Pepperoni and Cheese Pizza M S W H Steamed Corn Garden Salad w/ Assorted Dressings M E
S	Seasonal Fresh Fruit Graham Bug Bites S W	Fresh Veggies w/ Hummus S or Ranch Dip S W Banana Bread E M W S	Cheez-It Crackers M S W Colby Cheese Cubes M	Seasonal Fresh Fruit Heartzel Pretzels W	Fresh Veggies w/ Hummus S or Ranch Dip M E Chex Mix M W
B	Fresh Cinnamon Roll E M W S	Cocoa Cherry Bar W S w/ Colby Cheese Cubes M	Apple Maple Muffin Squares E M W S H	Yogurt Parfait with Strawberries M W S	Graham Crackers S W w/ String Cheese M
L	French Toast w/ Syrup E M W S V w/ Scrambled Egg E M W & Hashbrowns Hummus Dip S	Lasagna Roll Up E M W V Cucumber Tomato Salad S Hummus Dip S	Falafel & Pita W V Hummus Dip S	Popcorn Chicken S W w/ Mashed Potato M , Gravy M S W Corn & Biscuit M W	Pepperoni and Cheese Pizza M S W H Garden Salad w/ Assorted Dressings M E
S	Seasonal Fresh Fruit Blueberry Muffin W E S	Fresh Veggies w/ Hummus S or Ranch Dip S W Chocolate Elf Grahams S W	Seasonal Fresh Fruit Goldfish Graham Crackers W	Fresh Veggies w/ Hummus S or Ranch Dip M E Sun Chips M W	Cheez-It Crackers M S W Colby Cheese Cubes M

A variety of milk choices, fresh fruit, and fruit cups are served daily with breakfast.

A variety of milk choices, fresh fruit, fruit cups, and fresh vegetables are served daily with lunch.

Contains: M Milk, E Egg, W Wheat, S Soy Denotes: V Vegetarian Item, H Homemade/Made from Scratch

