C:Cup T:Tablespoon G:Gram		COURTLEIGH PLAC	E 2024		SPRING/SUMMER N	IENU 1
Menu Guide Average size s	erving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	BANANA MAPLE COOKIES, GALA APPLE & MILK	MULTI GRAIN CHEERIOS WITH BANANA & MILK	MINI WHOLE WHEAT CROISSANT WITH JAM, BLUEBERRIES & MILK	BLUEBERRY OATMEAL ROUNDS, VEGETABLE & FRUIT SMOOTHIE	VANILLA YOGURT, GRAHAM CRACKERS, GALA APPLES APPLES & MILK
Noonday Meal						
Meat and/or alternate one of the following or a combinat Cooked meat, fish, poultry cheese egg cooked dry beans  Vegetables and/or fruit  Bread or equivalent  Milk	30 - 45 G 30 - 45 G 1 1/4 - 1/2 C 1/4 - 1/2 C 1/4 - 1/2 Slice	BEEF MACARONI SOUP  CREAM CHEESE  SALAD  CUCUMBER COINS  MINI WW BAGELS  MILK & PINEAPPLE	MINCED CHICKEN STEW WITH WW COUSCOUS  CARROT STICKS  MILK & GALA APPLES	COD FISH  SWEET POTATO FRIES  CHERRY TOMATOES  WHOLE WHEAT PITA  MILK & ORANGES	GROUND CHICKEN CASSEROLE IN ROSE SAUCE SALAD CUCUMBER COINS MILK & GRAPES	BEEF CHILI WITH SHREDDED CHEESE & LETTUCE PLUM TOMATOES WHOLE WHEAT TORTILLAS MILK & NECTARINE
		PINEAPPLE	GALA APPLES	ORANGES	GRAPES	NECTARINE
Between Meal Eating (P.M.)-around 3:30pm		PEARS, MINI RICE CAKES & MILK	MARBLE MILD CHEESE. WW PREIMUM PLUS CRACKERS & 100% JUICE	RED PEPPER WEDGES, MINI BAGEL WITH CREAM CHEESE & MILK	MINI CARROT LOAVES AND PEARS & MILK	APPLE SAUCE BREAD STICKS & MILK
Between Meal Eating(PM)- around 5:30p.m.		BROCCOLI FLORETTES & MILK	CRUNCHY RICE ROLLS & MILK	ARROWROOT COOKIES & MILK	WW VEGETABLE THINS & MILK	MINI PITA WITH STRAWBERRY JAM & MILK

<sup>\*</sup> Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram **VEGETARIAN MENU - 2024** Menu Guide Monday Tuesday Wednesday Thursday Friday Average size serving Between Meal Eating (A.M.) BANANA MULTI GRAIN MINI WHOLE **BLUEBERRY** VANILLA MAPLE **CHEERIOS WITH** OATMEAL YOGURT, GRAHAM 1/4 -1/2 C WHEAT CROISSANT Milk and/or Fruit, juice, or vegetable 1/4 -1/2 C COOKIES, BANANA WITH JAM, ROUNDS, CRACKERS, 1/4 -1/2 slice **GALA APPLE** & MILK FROZEN BLUEBERRIES **VEGETABLE & GALA APPLES** Bread, sandwich or cereal, enriched or whole grain 1/4 -1/3 C & MILK & MILK FRUIT SMOOTHIE & MILK Noonday Meal GROUND ROUND VEGETABLE VEGGIE GROUND ROUND VEG. GROUND ROUND CHILI MACARONI SOUP **BURGER VEGETABLE** Meat and/or alternate STEW one of the following or a combination WITH CASSEROLE WITH Cooked meat, fish, poultry 30 - 45 G CREAM CHEESE WW COUSCOUS **SWEET** IN ROSE SAUCE SHREDDED 30 - 45 G POTATO CHEESE & cheese SALAD **FRIES** SALAD egg LETTUCE cooked dry beans 1/4 -1/2 C CUCUMBER CARROT CHERRY CUCUMBER PLUM Vegetables and/or fruit 1/4 -1/2 C STICKS **TOMATOES** TOMATOES COINS COINS Bread or 1/4 -1/2 slice MINI WHOLE WHEAT WHOLE WHEAT WW BAGELS TORTILLAS PITA equivalent Milk 1/2 - 3/4 C MILK MILK  $\mathsf{MILK}$ MILK MILK & & & & & **PINEAPPLE GALA APPLES** ORANGES **GRAPES NECTARINE** MARBLE RED PEPPER MINI CARROT PEARS, MINI MILD CHEESE. APPLE SAUCE WEDGES, MINI LOAVES RICE CAKES WW PREIMUM PLUS BREAD STICKS Between Meal Eating (P.M.)-around 3:30pm BAGEL WITH AND MILK **CRACKERS** CREAM CHEESE PEARS & & & 100% JUICE & MILK MILK MILK BROCCOLI CRUNCHY ARROWROOT WW VEGETABLE MINI PITA WITH Between Meal Eating(PM)- around 5:30p.m. **FLORETTES** RICE ROLLS COOKIES THINS STRAWBERRY JAM MILK MILK MILK & MILK MILK

<sup>\*</sup> Menus reviewed by registered dietitian

Menu Guide Average size ser	ving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)  Milk and/or  Fruit, juice, or vegetable  Bread, sandwich or  cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	OATMEAL WITH BROWN SUGAR, RAISINS	MULTIGRAIN CHEERIOS WITH BLUEBERRIES & MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE, TROPICAL FRUIT SALAD & MILK	ENGLISH MUFFINS WITH APPLE BUTTER, PLUMS & MILK	VANILLA YOGURT, PEACH SLICES, WW TOAST & MILK
Noonday Meal Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese	30 - 45 G 30 - 45 G	COUNTRY STYLE VEGETABLE SOUP	CHICKEN SAUSAGE	BAKED CHICKEN TENDERS	WW SPAGHETTI WITH MEATBALLS	BBQ CHICKEN & BROWN RICE
egg cooked dry beans	1 1/4 -1/2 C 1 - 2 T	TUNA SALAD	SALAD	POTATO WEDGES	SALAD	STEAMED BROCCOLI
Vegetables and/or fruit	1/4 -1/2 C	PLUM TOMATOES	GREEN PEAS	GREEN PEPPER WEDGES	CUCUMBER COINS	CHERRY TOMATOES
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT BREAD	DICED POTATO	DINNER ROLLS		
Milk	1/2 - 3/4 C	MILK & CANTALOUPE	MILK & RED APPLES	MILK & PINEAPPLE	MILK & GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		STONE WHEAT CRACKERS AND PEARS & MILK	NECTARINE, GRANOLA BARS & MILK	WW TOAST WITH APPLE BUTTER, ORANGE & MILK	TORTILLA CHIPS, SALSA AND WATER	FROZEN YOGURT CUPS BANANAS & MILK
Between Meal Eating(PM)- around 5:30p.m.		APPLE SAUCE COOKIES & MILK	CHERRY TOMATOES, WATER	CARROT STICKS & MILK	MINI CARROT LOAVES & MILK	DIGESTIVE COOKIES AND MILK

<sup>\*</sup> Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU- 2024

Menu Guide Average size serv	ving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)  Milk and/or  Fruit, juice, or vegetable  Bread, sandwich or  cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	OATMEAL WITH BROWN SUGAR, RAISINS & MILK	MULTIGRAIN CHEERIOS WITH BLUEBERRIES & MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE, TROPICAL FRUIT SALAD & MILK	ENGLISH MUFFINS WITH APPLE BUTTER, PLUMS & MILK	VANILLA YOGURT, PEACH SLICES, WW TOAST & MILK
Noonday Meal						
Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese	30 - 45 G 30 - 45 G	COUNTRY STYLE VEGETABLE SOUP	VEGETARIAN SAUSAGE	VEGETARIAN CUTLETS	SPAGHETTI WITH VEGETABLE GROUND ROUND SAUCE	VEGETARIAN BURGER IN BBQ SAUCE
egg cooked dry beans	1 1/4 -1/2 C 1 - 2 T	TUNA SALAD	SALAD	POTATO WEDGES	SALAD	
Vegetables and/or fruit	1/4 -1/2 C	PLUM TOMATOES	GREEN PEAS	GREEN PEPPER WEDGES	CUCUMBER COINS	STEAMED BROCCOLI
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT BREAD	DICED POTATO	DINNER ROLLS		CHERRY TOMATOES
Milk	1/2 - 3/4 C	MILK & CANTALOUPE	MILK & ORANGES	MILK & PINEAPPLE	MILK & GREEN GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		STONE WHEAT CRACKERS AND PEARS & MILK	NECTARINE, GRANOLA BARS & MILK	WW TOAST WITH APPLE BUTTER, ORANGE & MILK	TORTILLA CHIPS, SALSA AND WATER	FROZEN YOGURT CUPS BANANAS & MILK
Between Meal Eating(PM)- around 5:30p.m.		APPLE SAUCE COOKIES & MILK	CHERRY TOMATOES MILK	CARROT STICKS MILK	MINI CARROT LOAVES & MILK	DIGESTIVE COOKIES & MILK

<sup>\*</sup> Menus reviewed by registered dietitian

Menu Guide Average size ser	ving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		MINI WHOLE WHEAT BAGEL	MULTIGRAIN CHEERIOS WITH	WHOLE GRAIN SCONES	WW ENGLISH MUFFIN	VANILLA YOGURT, PEACH SLICES
Milk and/or	1/4 -1/2 C	WITH CREAM	STRAWBERRIES	MARGARINE,	WITH	AND
Fruit, juice, or vegetable	1/4 -1/2 C	CHEESE, AND		ORANGES	APPLE BUTTER	GRAHAM
Bread, sandwich or	1/4 -1/2 slice	GALA APPLES			& VEGETABLE	CRACKERS
cereal, enriched or whole grain	1/4 -1/3 C				AND FRUIT	
		MILK	MILK	MILK	SMOOTHIE	MILK
Noonday Meal						
Meat and/or alternate		MINCED CHICKEN	COD FISH	CHICKEN BREAST	GROUND BEEF	CHICKEN
one of the following or a combinati	on on	& VEGETABLE		FILLET(BAKED)	MACARONI	ADOBO
Cooked meat, fish, poultry	30 - 45 G	STEW	BAKED		PIE	
cheese	30 - 45 G		POTATO	HARVEST		BROWN RICE
egg	1	BROWN RICE	WEDGES	VEGETABLE		
cooked dry beans	1/4 -1/2 C	AND QUINOA		SOUP	SALAD	SALAD
•	1 - 2 T	WITH TURMERIC	STEAMED CORN			
				CHERRY	CARROT	PLUM
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER	CELERY STICK	TOMATOES	STICKS	TOMATOES
		COINS				
Bread or	1/4 -1/2 slice		NAAN	WHOLE WHEAT		
equivalent	2 - 4 T		BREAD	BREAD		
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK
		&	&	&	&	&
		ORANGES	PEAR	PINEAPPLE	GREEN GRAPES	BANANA
		RITZ	MELBA TOAST,	GALA APPLE	MULTIGRAIN	STONED WHEAT
		CRACKERS,	MOZZERELLA	ARROWROOT	BAGELS WITH	CRACKERS,
Between Meal Eating (P.M.)-around 3:30pm		CELERY STICKS	CHEESE CUBES,	COOKIES	MARGARINE,	HUMMUS AND
between mean Latting (1 .m.)-around 3.30pm		& MILK	GR. PEPPER & MILK	& MILK	ORANGES & MILK	CUCUMBER & MILK
		HARD BOILED	MINI	MULTI GRAIN	STEAMED	CARROT
		EGGS	RICE CAKES	BRENTON	BROCCOLI	STICKS
Between Meal Eating(PM)- around 5:30p.m.		& &	&	CRACKERS	&	& STICKS
Detween mean Lating(FM)- aroun	ia 0.00p.iii.	MILK	MILK	& MILK	MILK	MILK

<sup>\*</sup> Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU - 2024

Menu Guide Average size servin	ıg	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)  Milk and/or  Fruit, juice, or vegetable  Bread, sandwich or  cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 Slice 1/4 -1/3 C	MINI WHOLE WHEAT BAGEL WITH CREAM CHEESE, AND GALA APPLES & MILK	MULTIGRAIN CHEERIOS WITH STRAWBERRIES & MILK	WHOLE GRAIN SCONES MARGARINE, ORANGES & MILK	WW ENGLISH MUFFIN WITH APPLE BUTTER & VEGETABLE AND FRUIT SMOOTHIE	VANILLA YOGURT, PEACH SLICES AND GRAHAM CRACKERS MILK
Noonday Meal		IVIILIX	WILL	IVIILIX	OWOOTTILE	IVIILIX
Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese	30 - 45 G 30 - 45 G	VEGETABLE GROUND ROUND STEW BROWN RICE	COD FISH  BAKED POTATO WEDGES	VEGETABLE CUTLET HARVEST VEGETABLE	VEGETABLE GROUND ROUND MACARONI PIE	VEGETABLE GROUND ROUND ADOBO BROWN RICE
egg cooked dry beans	1/4 -1/2 C 1 - 2 T	AND QUINOA WITH TURMERIC	STEAMED CORN	SOUP	SALAD	SALAD
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER COINS	CELERY STICKS	CHERRY TOMATOES	CARROT STICKS	PLUM TOMATOES
Bread or equivalent	1/4 -1/2 slice 2 - 4 T		NAAN BREAD	WHOLE WHEAT BREAD		
Milk	1/2 - 3/4 C	MILK & ORANGES	MILK & PEARS	MILK & PINEAPPLE	MILK & GRAPES	MILK & BANANA
Between Meal Eating (P.M.)-around 3:30pm		RITZ CRACKERS, CELERY STICKS MILK	MELBA TOAST, MOZZERELLA CHEESE CUBES, GR. PEPPER & MILK	GALA APPLE ARROWROOT COOKIES & MILK	MULTIGRAIN BAGELS WITH MARGARINE, ORANGES & MILK	STONED WHEAT CRACKERS, HUMMUS AND CUCUMBER & MILK
Between Meal Eating(PM)- around 5:30p.m.		HARD BOILED EGGS & MILK	MINI RICE CAKES & MILK	MULTI GRAIN BRENTON CRACKERS & MILK	STEAMED BROCCOLI & & MILK	CARROT STICKS & & MILK

<sup>\*</sup> Menus reviewed by registered dietitian

Menu Guide Average size servi	ing	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or	1/4 -1/2 C	OATMEAL WITH BROWN SUGAR, RAISINS	WW TOAST DICED PEACH AND COTTAGE	WHOLE GRAIN SCONES WITH JAM & MARGARINE	MULTIGRAIN CHEERIOS WITH BLUEBERRIES	VANILLA YOGURT, GRANOLA
Fruit, juice, or vegetable	1/4 -1/2 C	&	CHEESE	GALA APPLES	AND	BARS
Bread, sandwich or	1/4 -1/2 slice	MILK	& WATER	& MILK	MILK	
cereal, enriched or whole grain	1/4 -1/3 C		J			MILK
Noonday Meal						
Meat and/or alternate one of the following or a combinati Cooked meat, fish, poultry	ion   130 - 45 G	MINESTRONE SOUP	DICED CHICKEN MACARONI	FISH BURGER	WW SPAGHETTI WITH MEAT SAUCE	MEXICAN MEATBALLS
cheese egg	30 - 45 G 1	CREAM CHEESE	WITH PEAS IN RED SAUCE	POTATOES WEDGES	SAUCE	
cooked dry beans	1/4 -1/2 C 1 - 2 T			SALAD	SALAD	BROWN RICE
Vegetables and/or fruit	1/4 -1/2 C	RED PEPPER WEDGES	CUCUMBER COINS	CARROT STICKS	PLUM TOMATOES	CHERRY TOMATOES
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT MINI BAGELS		WHOLE WHEAT PITA		
Milk	1/2 - 3/4 C	MILK & NECTARINES	MILK & CANTALOUPE	MILK & PEARS	MILK & GREEN GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		EGG SALAD SANDWICHES & MILK	GALA APPLE DIGESTIVE COOKIES & MILK	MIXED TROPICAL FRUIT, GRAHAM CRACKERS MILK	SPINACH DIP, BREAD STICKS & MILK	FROZEN YOGURT CUPS BANANAS & MILK
Between Meal Eating(PM)- around 5:30p.m.		BANANA & WATER	MINI RICE CAKES & MILK	BROCCOLI FLORETTES & WATER	ORANGE & MILK	WHEAT THINS CRACKERS & MILK

<sup>\*</sup> Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU - 2024

Menu Guide Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		OATMEAL WITH BROWN	WW TOAST DICED PEACH	WHOLE GRAIN SCONES WITH	MULTIGRAIN CHEERIOS WITH	VANILLA YOGURT,
Milk and/or	1/4 -1/2 C	SUGAR, RAISINS	AND COTTAGE	JAM & MARGARINE	BLUEBERRIES	GRANOLA
Fruit, juice, or vegetable	1/4 -1/2 C	&	CHEESE	GALA APPLES	AND	BARS
Bread, sandwich or	1/4 -1/2 slice	MILK	& WATER	& MILK	MILK	&
cereal, enriched or whole grain	1/4 -1/3 C		-			MILK
Noonday Meal						
Meat and/or alternate		MINESTRONE	VEGETARIAN	FISH	WW SPAGHETTI	MEXICAN
one of the following or a combination	า	SOUP	MACARONI	BURGER	WITH VEGETABLE	STYLE
Cooked meat, fish, poultry	30 - 45 G		WITH PEAS		GROUND ROUND	VEGETABLE
cheese	30 - 45 G	CREAM	IN RED SAUCE	POTATOES	SAUCE	GROUND ROUND
egg	1	CHEESE		WEDGES		
cooked dry beans	1/4 -1/2 C				SALAD	BROWN RICE
	1 - 2 T			SALAD		
		RED PEPPER	CUCUMBER		PLUM	CHERRY
Vegetables and/or fruit	1/4 -1/2 C	WEDGES	COINS	CARROT STICKS	TOMATOES	TOMATOES
Bread	1/4 -1/2 slice	WHOLE WHEAT		WHOLE WHEAT		
	2 - 4 T	MINI BAGEL		PITA		
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK
		&	&	&	&	&
		NECTARINES	CANTALOUPE	PEARS	GREEN GRAPES	GALA APPLES
		EGG	GALA APPLE,	MIXED TROPICAL	SPINACH DIP	FROZEN
Between Meal Eating (P.M.)-aroun	d 3:30pm	SALAD	DIGESTIVE	FRUIT,	BREAD STICKS	YOGURT CUPS
		SANDWICHES	COOKIES	GRAHAM CRACKERS	& MILK	BANANAS
		& MILK	& WATER	& MILK		& MILK
			MINI	BROCCOLI		WHEAT THINS
Between Meal Eating(PM)- around 5:30p.m.		BANANA	RICE CAKES	FLORETTES	ORANGE	CRACKERS
		&	&	&	&	&
		WATER	MILK	WATER	MILK	MILK

<sup>\*</sup> Menus reviewed by registered dietitian