C:Cup T:Tablespoon G:Gram		COURTLEIGH PLAC	E 2025		SPRING/SUMMER M	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	GRANOLA BAR WITH GALA APPLE & MILK	MULTI GRAIN CHEERIOS WITH BANANA & MILK	MINI WHOLE WHEAT CROISSANT WITH JAM, BLUEBERRIES & MILK	GRAHAM CRACKERS AND VEGETABLE FRUIT SMOOTHIE	VANILLA YOGURT, DIGESTIVE COOKIES, GALAAPPLES & 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	ion 30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	BEEF MACARONI SOUP CREAM CHEESE SALAD CUCUMBER COINS MINI WW BAGELS MILK & PINEAPPLE	MINCED CHICKEN STEW WITH WW COUSCOUS CARROT STICKS MILK & GALA APPLES	SOLE 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
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

^{*} Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram VEGETARIAN MENU - 2025						
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, FROZEN BLUEBERRIES & MILK	GRAHAM CRACKERS AND VEGETABLE FRUIT SMOOTHIE	VANILLA YOGURT, DIGESTIVE COOKIES, GALA APPLES & MILK
Noonday Meal Meat and/or alternate		GROUND ROUND MACARONI SOUP	VEGETABLE STEW	SOLE FISH	GROUND ROUND VEGETABLE	VEG. GROUND ROUND CHILI
one of the following or a combinati Cooked meat, fish, poultry cheese egg cooked dry beans	on 30 - 45 G 30 - 45 G 1 1/4 -1/2 C	CREAM CHEESE SALAD	WITH WW COUSCOUS	SWEET POTATO FRIES	CASSEROLE IN ROSE SAUCE SALAD	WITH SHREDDED CHEESE & LETTUCE
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER COINS	CARROT STICKS	CHERRY TOMATOES	CUCUMBER COINS	PLUM TOMATOES
Bread or equivalent	1/4 -1/2 slice	MINI WW BAGELS		WHOLE WHEAT PITA		WHOLE WHEAT TORTILLAS
Milk	1/2 - 3/4 C	MILK & PINEAPPLE	MILK & GALA APPLES	MILK & ORANGES	MILK & GRAPES	MILK & 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

^{*} Menus reviewed by registered dietitian

Menu Guide Average size serv	ring	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	BAKED CHICKEN TENDERS	CHICKEN SAUSAGE DICED POTATO	WW SPAGHETTI WITH MEATBALLS	BBQ CHICKEN & BROWN RICE
egg cooked dry beans	1 1/4 -1/2 C 1 - 2 T	TUNA SALAD	POTATO WEDGES	SALAD	SALAD	STEAMED BROCCOLI
Vegetables and/or fruit	1/4 -1/2 C	PLUM TOMATOES	GREEN PEPPER WEDGES	GREEN PEAS	CUCUMBER COINS	CHERRY TOMATOES
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT BREAD		DINNER ROLLS		
Milk	1/2 - 3/4 C	MILK & CANTALOUPE	MILK & PINEAPPLE	MILK & RED APPLES	MILK & GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		GRAHAM 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

* Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU- 2025

Menu Guide Average size serv	ring	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 egg cooked dry beans	30 - 45 G 30 - 45 G 1 1/4 -1/2 C	COUNTRY STYLE VEGETABLE SOUP TUNA SALAD	VEGETARIAN CUTLETS POTATO WEDGES	VEGETARIAN SAUSAGE DICED POTATO SALAD	SPAGHETTI WITH VEGETABLE GROUND ROUND SAUCE SALAD	VEGETARIAN BURGER IN BBQ SAUCE
Vegetables and/or fruit	1 - 2 T 1/4 -1/2 C	PLUM TOMATOES	GREEN PEPPER WEDGES	GREEN PEAS	CUCUMBER COINS	STEAMED BROCCOLI
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT BREAD		DINNER ROLLS		CHERRY TOMATOES
Milk	1/2 - 3/4 C	MILK & CANTALOUPE	MILK & PINEAPPLE	MILK & ORANGES	MILK & GREEN GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		GRAHAM 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

^{*} 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	STRAWBLINILS	ORANGES	APPLE BUTTER	GRAHAM
Bread, sandwich or	1/4 -1/2 slice	GALA APPLES		OTVANGEO	& VEGETABLE	CRACKERS
cereal, enriched or whole grain	1/4 -1/2 Silice	GALAAITELS			AND FRUIT	CINACILLIS
cereal, enficied of whole grain	1/4 - 1/3 C	MILK	MILK	MILK	SMOOTHIE	MILK
Noonday Meal						
Meat and/or alternate		MINCED CHICKEN	SOLE FISH	CHICKEN BREAST	GROUND BEEF	CHICKEN
one of the following or a combinati	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	RED PEPPER	PLUM
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER	CARROT STICKS	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	DDE A DOTIONO	MINI BAGELS	GALA APPLE	PREMIUM PLUS
		CRACKERS,	BREADSTICKS,	WINI BAGELS WITH	ARROWROOT	CRACKERS,
Deture Med Feting (DM) arround 2:20mm		CELERY STICKS	MOZZERELLA		COOKIES	HUMMUS AND
Between Meal Eating (P.M.)-around 3:30pm		& MILK	CHEESE CUBES,	MARGARINE, ORANGES & MILK	& MILK	CUCUMBER & MILK
			GR. PEPPER & MILK			
		HARD BOILED	MINI	STEAMED	MULTI GRAIN	CARROT
		EGGS	RICE CAKES	BROCCOLI	BRENTON	STICKS
Between Meal Eating(PM)- aroui	nd 5:30p.m.	&	&	&	CRACKERS	&
		MILK	MILK	MILK	& MILK	MILK

^{*} Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU - 2025

Menu Guide Average size servi	ng	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or	1/4 -1/2 C	MINI WHOLE WHEAT BAGEL WITH CREAM	MULTIGRAIN CHEERIOS WITH STRAWBERRIES	WHOLE GRAIN SCONES MARGARINE,	WW ENGLISH MUFFIN WITH	VANILLA YOGURT, PEACH SLICES 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		VEGETABLE	SOLE FISH	VEGETABLE	VEGETABLE	VEGETABLE
one of the following or a combination	n'	GROUND ROUND		CUTLET	GROUND ROUND	GROUND ROUND
Cooked meat, fish, poultry	30 - 45 G	STEW	BAKED		MACARONI PIE	ADOBO
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	RED PEPPER	PLUM
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER COINS	CARROT STICKS	TOMATOES	STICKS	TOMATOES
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	PEARS	PINEAPPLE	GRAPES	BANANA
		RITZ	MELBA TOAST,	MINI BAGELS	GALA APPLE	PREMIUM PLUS
		CRACKERS,	MOZZERELLA	WITH	ARROWROOT	CRACKERS,
Between Meal Eating (P.M.)-around 3:30pm		CELERY STICKS	CHEESE CUBES,	MARGARINE,	COOKIES	HUMMUS AND
		MILK	GR. PEPPER & MILK	ORANGES & MILK	& MILK	CUCUMBER & MILK
		HARD BOILED	MINI	STEAMED	MULTI GRAIN	CARROT
		EGGS	RICE CAKES	BROCCOLI	BRENTON	STICKS
Between Meal Eating(PM)- around	l 5:30p.m.	&	&	&	CRACKERS	&
		MILK	MILK	MILK	& MILK	& MILK

^{*} Menus reviewed by registered dietitian

Menu Guide Average size servir	ng	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	DICED	FISH	WW SPAGHETTI	MEXICAN
one of the following or a combination	on '	SOUP	CHICKEN	BURGER	WITH MEAT	MEATBALLS
Cooked meat, fish, poultry	30 - 45 G		MACARONI		SAUCE	
cheese	30 - 45 G	CREAM	WITH PEAS	POTATOES		
egg	1	CHEESE	IN RED SAUCE	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 or	1/4 -1/2 slice	WHOLE WHEAT		WHOLE WHEAT		
equivalent	2 - 4 T	MINI BAGELS		PITA		
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK
		&	&	&	&	&
		NECTARINES	CANTALOUPE	PEARS	GREEN GRAPES	GALA APPLES
		BOILED EGG	GALA APPLE	MIXED TROPICAL	SPINACH DIP,	FROZEN
Between Meal Eating (P.M.)-arou	nd 3:30pm	WITH	DIGESTIVE	FRUIT,	BREAD STICKS	YOGURT CUPS
_ ,	•	NAAN BREAD	COOKIES	GRAHAM CRACKERS	& MILK	BANANAS
		& MILK	& MILK	MILK		& MILK
			MINI	BROCCOLI		WHEAT THINS
Between Meal Eating(PM)- aroun	d 5:30p.m.	BANANA	RICE CAKES	FLORETTES	ORANGE	CRACKERS
]	•	&	&	&	&	&
		WATER	MILK	WATER	MILK	MILK

^{*} Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU - 2025

Menu Guide Average size serving	l,	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	·····E···	G 17711 211	G		MILK
Noonday Meal						
Meat and/or alternate		MINESTRONE	VEGETARIAN	FISH	WW SPAGHETTI	MEXICAN
one of the following or a combination		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 1 - 2 T			SALAD	SALAD	BROWN RICE
		RED PEPPER	CUCUMBER	0,12,13	PLUM	CHERRY
Vegetables and/or fruit	1/4 -1/2 C	WEDGES	COINS	CARROT STICKS	TOMATOES	TOMATOES
Bread	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT MINI BAGEL		WHOLE WHEAT PITA		
Milk	1/2 - 3/4 C	MILK &	MILK &	MILK &	MILK &	MILK &
		NECTARINES	CANTALOUPE	PEARS	GREEN GRAPES	GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		BOILED EGG WITH NAAN BREAD & MILK	GALA APPLE, DIGESTIVE COOKIES & WATER	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

^{*} Menus reviewed by registered dietitian