

GOOD EATS

MUNCHKIN MENU

FALL B



MONDAY

AM Snack

O-Sunflower/Almond
Butter
O-Apples/Celery

Lunch

Grilled Cheese Sandwich,
O-Tomato Soup, O-Fruit

PM Snack

O-Animal Crackers
O-Veggie

Late Snack/Light Dinner

Snack Plate
O-Yogurt w/ O-Fruit and
honey
O-Multigrain chips
O-Carrots

TUESDAY

AM Snack

O-Grain Chips
O-Applesauce

Lunch

Homemade Mac and
Cheese w/ O-pasta, L-
Cheese and O-peas or
Broccoli
O-Fruit

PM Snack

O-Bagel Pizza
w/O-Cream Cheese, O-
Fruit and O-granola

Late Snack/Light Dinner

Grilled Cheese Sandwich
L-Fruit
O-Veggie

WEDNESDAY

AM Snack

O-Pretzles
O Veggie

Lunch

Bean and Cheese burrito
w/ O-Pinto Beans, L-Cheese
O-Fruit

PM Snack

O-Yogurt Parfait
w/O-berries, O-Honey
O-Granola

Late Snack/Light Dinner

O-Spaghetti w/ Marinara
L-Cheese
O-Fruit

THURSDAY

AM Snack

O-Housemade Fruit Bread
O-Veggie

Lunch

Homemade chili w/ L-Beef, O-
beans and O-tomatoes
O/GF-Cornbread muffins

PM Snack

O-Cheese Stick
O-Fruit

Late Snack/Light Dinner

Bean and Cheese burrito w/ O-
Pinto Beans, L-Cheese
O-Fruit

FRIDAY

AM Snack

FR-Hardboiled egg
O-Fruit

Lunch

Pasta salad w/ O-Pasta, L-
Cheese and O-Veggies
O-Fruit

PM Snack

O-Housemade Fruit Bread
O-Veggie

Late Snack/Light Dinner

Homemade chili w/ L-Beef,
O-beans and O-tomatoes
O-Grain Chips

We strive to provide local (L) or organic (O) food and Free Range Meat/Eggs.

Breakfast served each morning is Chef's Choice: includes local or organic fruit, grain (O-toast or O-bagel or O-cereal).

Organic 1% milk or Organic alternative served with Breakfast, Lunch & Late Snack/Light Dinner.

Oregon Spring water provided with all snacks and throughout the day.