

Week of 10/09/17 – 10/13/17

Monday	
Strawberries	Broccoli
Bananas	Brown rice crackers
Gogurt	Organic Gummies
Yogurt	
Ham	
Salami	
Roast beef	
Turkey	
Carrots	
Ranch	
Classic granola	

Tuesday	
Hard boiled eggs	
Tangerines	
Yogurt	
Cheese	
Grapes	
Pretzels	

Wednesday	
Avocado	Choc Pudding
Grape tomatoes	Vanilla Pudding
Apples	Butterscotch Pudding
Salami	
Turkey	
Cheese	
Cream cheese spread	
Blueberry jam	
Bread	
Popcorn chips	
Cashews	

Thursday	
Blueberries	
Strawberries	
Ham cubes	
Feta cheese	
Pepperoni	
Tangerines	

Friday	
Blackberries	
Raspberries	
Chicken breast deli	
Tortilla chips	
Watermelon	
Fruit strips	
Gogurt	



Week of 10/16/17 – 10/20/17

Monday	
closed	

Tuesday	
Watermelon	
Mixed fruit	
Exotic blend veggie chips	
Rotisserie chicken	
Salami	
Cashews	
Ranch	
Carrots	
Bananas	

Wednesday	
Banana chips	
Salsa	
Mixed fruit	
Cheddar cheese	
Deli ham	
Salami	
Raisins	
Ham	
Rice crackers	

Thursday	
Hard boiled eggs	
Strawberries	
Grapes	
Pita chips	
Salami	
Gogurt	
Hummus	

Friday	
Ham	
Hummus	
Salami	
Grape tomatoes	
Blackberries	
Raspberries	
Tangerines	
Yogurt	
Pickles	



Week of 10/23/17 – 10/27/17

Monday	
Ham	
Turkey	
Grapes	
Apples	
Granola	
Gogurt	
Yogurt	
Four cheese crackers	
Chia seed crackers	
Babybell cheese	

Tuesday	
Hard boiled eggs	
Watermelon	
Apples	
Tangerines	
Strawberries	
Tortilla chips	
Salsa	
Pepperoni	

Wednesday	
Ham	
Kale tortilla chips	
Black bean tortilla chips	
Strawberries	
Grapes	
Cheese sticks	
Salami	
Honey dew	
Exotic Vegetable blend	
Blackberries	

Friday	
Ham	
Corn on the cob	
Grapes	
Coconut crisps	
Raisin & almond bars	
Yogurt covered raisins	
Strawberries	

Thursday	
Watermelon	Apples
Cantaloupe	Blueberries
Green Grapes	Baked Plantains
Purple Grapes	
Strawberries	
Pepperoni	
Mozzarella	
Tomatoes	
Flat bread	



Week of 10/30/17 – 11/03/17

Monday	
Green Grapes	
Purple Grapes	
Rice thins	
Chia crackers	
Apples	
Gogurt	
Salami	
Turkey	
Roast beef	

Tuesday	
Rotisserie chicken	
Cashews	
Blackberries	
Yogurt	
Exotic Blend chips	
Sweet Potato chips	
Mixed fruit	

Wednesday	
Salami	
Ham	
Cheese	
Mixed fruit	
Melon	
Hummus	
Popcorn	
Oatmeal cookies	
Nut mix	

Thursday	
Sweet ham	Black bean Snapea crisps
Turkey breast	Corn chips
Assorted sliced cheese	Hummus
Sharp cheddar cheese	
Honeydew melon	
Dried Pineapple	
Dried Mango	
Dried Bananas	
Dried Strawberries	
Berry yogurt	
Strawberry yogurt	

Friday	
Sweet and salty popcorn	
Grapes	
Strawberries	
Cubed Cheese	
Yogurt	
Pretzels	
Bananas	
Hummus	
White corn tortilla chips	



Week of 11/06/17 – 11/10/17

Monday	
Ham	
Yogurt	
Carrots	
Ranch	
Rice crisps	
Grapes	
Apple sauce	
Fruit cups	

Tuesday	
Red Grapes	
Green Grapes	
Hummus	
Pita chips	
String chips	
Pepperoni	
Yogurt	
Carrots	
Apples	

Wednesday	
Pickles	Banana chips
Ham	
Bread	
Mixed nut	
Almond butter	
Carrots	
Raspberry preserves	
Avocado	
Apples	
Smoothies	
String cheese	

Thursday	
Watermelon	
Strawberries	
Blueberries	
Tortillas	
Grilled chicken	
Lettuce	
Sour cream	
Yogurt	
Hard boiled eggs	
Cubed cheese	
Shredded cheese	

Friday	
Sliced ham	Potato salad
Sliced turkey	Popped corn chips
Mixed nuts	White cheddar cheese
Carrot chips	
Cucumber chips	
Pears	
Kiwi	
Strawberries	



Week of 11/13/17 – 11/17/17

Monday	
Blue grapes	
Green grapes	
Salami	
Carrots	
Raisins	
Gogurt	
Ranch	
White cheddar rice thins	

Tuesday	
Chicken	
Yogurt	
Cashews	
Sweet potato Chips	
Mixed chips	
Oranges	
Watermelon	

Wednesday	
Plantain chips	
Mixed fruit	
Raisins	
Ham	
Strawberry Greek yogurt	
Four cheese rice crackers	

Thursday	
Strawberries	
Hard boiled eggs	
Oranges	
Green Apples	
Yogurt	
Corn chips	
Salsa	
Colby jack cheese	

Friday	
Ham	Cauliflower
Veggie sticks	Carrots
Tangerines	ranch
Strawberry yogurt	
Apples	



Week of 11/20/17 – 11/24/17

Monday	
Corn on the cob	Smoked ham
American cheese	Concord jelly
Monterey jack cheese	White bread
Goud cheese	
Vanilla yogurt	
Pickles	
Cheddar cheese puffs	
Hard boiled eggs	
Cubed ham	
Turkey	
Beef	

Tuesday	
Carrots	
Ranch	
Apples	
Oven roasted turkey breast	
Honey ham	
Raspberries	
Grape tomatoes	
Mozzarella cheese	
Mild cheddar cheese	
Vanilla yogurt	

Wednesday	
Black sesame brown rice Crisp	Grape tomatoes
White cheddar puffs	Seven Grain bread
Pears	Cherry yogurt
Cashews	Plums
Almond butter	Avocado
Strawberry fruit spread	Multigrain tortilla chips
Organic salsa	
Mild cheddar cheese	
Turkey breast	
Black forest ham	
Cucumbers	

Thursday	
closed	

Friday	
closed	



Week of 11/27/17 – 12/01/17

Monday	
Red grapes	Strawberries
Pepperoni	Ham
Wheat thins	Gogurt
Broccoli	Carrots

Tuesday	
Tortilla chips	Pepperoni
Red grapes	Apples
Strawberries	Rice
Trail mix	Watermelon

Wednesday	
Carrots/ranch	Raspberries
Raspberry lemonade	Sweet potato chips
Sharp cheddar cheese	Strawberries
Smoked honey ham	Genoa salami

Friday	
Tangerines	Strawberries
Grapes	Apples
Carrots/ranch	Kiwi
Bread	Cream cheese spread
Smoked ham	Colby jack cheese
Mozzarella cheese	Gogurt

Thursday	
Tangerines	Apples
Strawberries	Gogurt
Grapes	
Carrots/ranch	
Black olives	
Veggie sticks	
Wheat bread	
Cream cheese	
Mozzarella cheese	



Week of 12/4/17 – 12/8/17

Monday	
Gogurt	Yogurt
Green grapes	Red grapes
Carrots	Salami
Chex mix	

Tuesday	
Raisins	String cheese
Raspberries	Blueberries
Ham	kefir
Rice veggie blend	Vegetable chips

Wednesday	
Grape tomatoes	Avocado
Watermelon	Cocoa almond spread
Chipotle black bean dip	Soy flaxseed tortilla chips
Crunchy broccoli florets	Grapes
Beets chips	Oven baked cheese bites
Pretzels	Gogurt
Ham	Salami
String cheese	Whole grain bread

Thursday	
Carrots/ranch	Blue corn tortilla chips
Multigrain tortilla chips	Strawberries
Quinoa	Ham
Mozzarella cheese	Cucumbers

Friday	
Red & Yellow peppers	Cherries
yogurt	Raisins
Applesauce	Rotisserie chicken
Multigrain chips	Colby jack cheese
Havarti cheese	Salsa
Kiwi	Fruit strips
Coconut and lemon baked bites	Almonds



Week of 12/11/17 – 12/15/17

Monday	
Grapes	Veggie sticks
Gogurt	Carrots/Ranch
Salami	Shrimp

Tuesday	
Tortilla chips/salsa	Red, yellow, green peppers
Celery	Salami
Rotisserie chicken	Quinoa crispbread
Fig bars	Cherries
Organic gummies	Yogurt
Black bean chips	Havarti cheese

Wednesday	
Chicken	Salami
Pudding choc/vanilla	Bread
Cucumbers	Avocadoes
Bananas	Cherries
Cashew butter	Apples
Kefir	Mozzarella cheese
Hazelnut	Cream cheese

Thursday	
Pepperoni	Tortilla chips
Cheddar cheese	Eggs
Yogurt	Watermelon
Strawberries	

Friday	
Yogurt	Carrots
Popcorn	Tortilla chips
Apples	Strawberries
Salami	Colby cheese
Monterey jack cheese	



Week of 12/18/17 – 12/22/17

Monday	
Blue grapes	
Green grapes	
Salami	
Carrots	
Raisins	
Gogurt	
Ranch	
White cheddar rice thins	

Tuesday	
Chicken	
Yogurt	
Cashews	
Sweet potato Chips	
Mixed chips	
Oranges	
Watermelon	

Wednesday	
Plantain chips	
Mixed fruit	
Raisins	
Ham	
Strawberry Greek yogurt	
Four cheese rice crackers	

Thursday	
Strawberries	
Hard boiled eggs	
Oranges	
Green Apples	
Yogurt	
Corn chips	
Salsa	
Colby jack cheese	

Friday	
Hardboiled eggs	Turkey
Ham	Cheese sticks
Broccoli/ranch	Chips/hummus
Fruit/veggie pouches	Popcorn
Strawberries	Blueberries
Cherries	Pistachios



Week of 1/08/18 – 1/12/18

Monday	
Gogurt	Yogurt
Strawberries	Toasted chips
Carrots w/broccoli	Turkey
Salami	Ham
Ranch	

Tuesday	
Cheddar cheese	Mozzarella cheese
Strawberries	Tortilla chips
Salami	Blackberries
Yogurt	Kefir

Wednesday	
Blueberries	Pretzels
Oranges	Popcorn
Mozzarella cheese	Cheddar cheese
Ham	Kefir
Kiwi	

Thursday	
Hummus	Carrots
Popcorn	Stick cheese
Kiwi	Kefir
Watermelon	Cantaloupe
Strawberries	Grapes
Pineapple	Ham
Rice	

Friday	
Trail mix	Grapes
Creamy mozzarella	Applesauce
Creamycheddar	Apples
Rainbow carrots	Vegetable chips
Cheddar sticks	Popcorn
Meatballs	Turkey
Feta cucumber dip	Watermelon

