

GOOD EATS

MUNCHKIN MENU

FALL A



MONDAY

AM Snack

O-Sunflower/Almond
Butter
O-Apples/Celery

Lunch

Tuna Salad Sandwich
w/Albacore Tuna and
O-whole wheat bread
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

Spaghetti
O-Pasta, O-Marinara and L-
Beef
O-Fruit

PM Snack

O-Bagel
w/O-Cream Cheese
O-Veggie

Late Snack/Light Dinner

Tuna Salad Sandwich
w/Albacore Tuna and
O-whole wheat bread
O-Veggie, O-Fruit

WEDNESDAY

AM Snack

O-Pretzles
O Veggie

Lunch

Nacho Bar w/ O-Grain
Chips, 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

O-Chicken Bake w/
O-Brown Rice and
O-seasonal Veggie
O-Fruit

PM Snack

O-Cheese Stick
O-Fruit

Late Snack/Light Dinner

Nacho Bar w/ O-Grain
Chips, O-Pinto Beans, L-
Cheese and O-Fruit

FRIDAY

AM Snack

O-Pretzles
O-Fruit

Lunch

O-Bagel Pizza w/ O-Tomato
sauce and L-Cheese
O-Veggie
O-Fruit

PM Snack

O-Housemade Fruit Bread
O-Veggie

Late Snack/Light Dinner

O-Bean and Cheese Burrito
O-Fruit

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.