

Summer 2024 Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cereal Fruit Milk	Bagels with Cheese Fruit Milk	Yogurt Whole Grain Muffin Fruit Milk	Pancakes Fruit Salad Milk	Banana Oat Breakfast Cookies Mixed Fruit Milk
Lunch	Turkey, Hummus & Carrot Wrap Fruit Milk	Greek Salad Chicken Fruit Milk	Beef & Cheese Sandwich Fruit Milk	Whole Grain Pasta Meatballs in Sauce Carrots or Green Beans & Fruit Milk	Grilled Chicken Quinoa Salad Broccoli & Fruit Milk
PM Snack	Peaches Yogurt Granola	Peppers Apples Pita Chips	Apples Cheese Cubes	Whole Grain Muffin Carrot Sticks	Cheese Crackers Fruit & Veggies

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for daily photos of meals. Water is available to children throughout the day & at all meals. If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Hi Mama. Menu alternatives are prepared separately for children with dietary restrictions.

Summer 2024 Menu Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cereal Fruit Milk	Bagels with Cheese Fruit Milk	Yogurt Whole Grain Muffin Fruit Milk	Pancakes Fruit Salad Milk	Banana Oat Breakfast Cookies Mixed Fruit Milk
Lunch	Chicken Salad Bun Fruit Milk	Turkey & Spinach Pinwheels Couscous Salad & Fruit Milk	Ham & Cheese Sandwiches Veggie Sticks Fruit Milk	Chicken Quesadillas Mixed Veggie Salad Fruit Milk	Sloppy Joe's Roasted Yams Fruit Milk
PM Snack	Peaches Yogurt Granola	Peppers Apples Pita Chips	Apples Cheese Cubes	Whole Grain Muffin Carrot Sticks	Cheese Crackers Fruit & Veggies

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Summer 2024 Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cereal Fruit Milk	Bagels with Cheese Fruit Milk	Yogurt Whole Grain Muffin Fruit Milk	Pancakes Fruit Salad Milk	Banana Oat Breakfast Cookies Mixed Fruit Milk
Lunch	Whole Grain Pasta Meat Sauce Steamed Broccoli Fruit Milk	Grilled Chicken & Veggie Wraps Quinoa Salad Pears Milk	Pizza Roll Ups Fruit Milk	Taco Salad Fruit Milk	Pulled Pork Buns Coleslaw Fruit Milk
PM Snack	Peaches Yogurt Granola	Peppers Apples Pita Chips	Apples Cheese Cubes	Whole Grain Muffin Carrot Sticks	Cheese Crackers Fruit & Veggies

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