

FALL MENU

WEEK 1 9/3,9/24,10/15,11/5,11/26,12/17					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Multigrain Cheerios Organic Milk	Cinnamon Raisin Bread Organic Milk	Organic Yogurt With Graham Crackers	Corn Chex Organic Milk	Whole Grain English Muffin w/ Grape Jelly Organic Milk
PM	Banana	Organic Apples	Oranges	Apple Sauce with Whole Grain Crackers	Animal Crackers with Oranges
PM AfterSchool	Hand Cooked Pita Chips	Garden Vegie Straws	Chex Mix	Popcorn	Natural Sweet Potatoes Chips
WEEK 2 9/10,10/1,10/22,11/12,12/3					
AM	Whole Wheat Bread w/ Cream Cheese Organic Milk	Whole Grain Nutri Grain Bars Organic Milk	Cinnamon Raisin Bread Organic Milk	Banana Organic Milk	Belgian Waffles Organic Milk
PM	Whole Grain Tortilla Chips w/ Salsa	Oatmeal Raisin Cookies	Organic Strawberries	Baked Snapea Crisps	Veggie Straws
PM AfterSchool	Whole Grain Tortilla Chips w/ Salsa	Oatmeal Raisin Cookies	Cheezit	Popcorn	Veggie Straws
WEEK 3 9/17,10/8,10/29,11/19,12/10					
AM	Whole Grain English Muffin w/ Grape Jelly & Cream Cheese Organic Milk	Multigrain Cheerios Organic Milk	Whole Multi-Grain Cheerios Banana Organic Milk	Cinnamon Raisin Bread Organic Milk	Corn Chex Organic Milk
PM	Cheezit	Whole Wheat Granola bars (Oats' Honey)	Banana	Gold Fish	Baked Snapea Crisps
PM AfterSchool	Cheezit	Whole Wheat Granola bars (Oats' Honey)	Popcorn	Gold Fish	Baked Snapea Crisps

The American Academy of Pediatrics recommends 6 ounces or less of juice per day; therefore YPW Spanish Immersion School only provides 2% organic milk and water to the children.

Fresh Fruit: Some fruit that we may purchase that are not organic would be fruits that have thick peel. Foods with a thick peel should have very little pesticides. Some of the fruits that may not be organic would be watermelon, bananas, cantaloupe and honey dew melons.

If your child has any **allergies**, please let your Director know immediately and please fill out an allergy form so we may offer your child a substitution. If you would like to provide your child with snacks from home or a sack lunch, please label foods from home with your child's name and do not send candy or soda as this will be sent back home with your child.

We focus on a healthy lifestyle and that starts with the foods we put into our bodies.