

New Heights Menu Week One

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack <i>Water served at all AM Snacks</i>	Multigrain bagel with jam and/or Banana	Whole Wheat Carrot Muffins and Fresh Orange Slices	Whole Wheat Fig Bars (blueberry, raspberry, fig) and/or Cantaloupe	Baked Oatmeal and/or Orange Slices	Blueberry Banana Muffins and Sliced Pear
Lunch <i>2% Milk served at all lunches & Homogenized milk provided for infants and toddlers. Water served at lunch.</i>	"Full of Beans" Baked Beans (in tomato sauce) and Brown Rice (served from a separate bowl) (vegetarian) Fresh Spinach Salad with Italian dressing Cooked Peas Pears	Pasta Party (whole wheat bow tie pasta) (all beef meatballs (halal), served from separate bowl) served with vegetable tomato sauce Cooked Green Beans Vanilla Yogurt	Funny Fish Fillets (pollock, multigrain wheat crumbs, corn starch, wheat and corn flour, rye flakes, quinoa, millet, salt, seasonings) and Potato Wedges Fresh Salad (with creamy coleslaw dressing) Cooked Corn Mandarin Oranges	Spaghetti Pie (halal) (whole wheat spaghetti noodles, eggs, parmesan cheese, cottage cheese, lean ground beef, hidden vegetables sauce, mozzarella cheese, spices) Cooked Broccoli Applesauce	"We're so Cheesy" Pizza (traditional naan, vegetable tomato sauce – with hidden vegetables, cheese) Fresh Spinach Salad with Italian dressing Cooked Carrots Fruit Salad
PM Snack <i>Water served at all PM Snacks</i>	Hummus with Whole Wheat Pita and/or Cucumber Slices	Multigrain Cheerios and/or Sliced Peaches	Apple Sauce Pouch (apple or strawberry apple) and/or Roasted Cauliflower	Cheese (marble) and/or Apple Slices	Triscuit Crackers and/or Cucumber Slices

**Ketchup is occasionally offered as an optional condiment*

Please Note:

- Ingredient lists are available from the office upon request
- Any food on our current menu can be used as a supplemental option if additional food was required (unless otherwise indicated above as a restriction by guardian). All menu changes

will be posted and notice will be provided for those with a specialized menu.

- All fruit and vegetables are rinsed thoroughly with water prior to serving.

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Lunch <i>2% Milk served at all lunches & Homogenized milk provided for infants and toddlers. Water served at lunch.</i>	Tubes and Tomatoes (Penne with tomato sauce and nutritional yeast) (whole wheat pasta, vegetable tomato sauce – with hidden vegetables, nutritional yeast) <i>(Vegetarian)</i> Fresh Spinach Salad with Italian Dressing Cooked Peas Pears	Sweet and Sour Meatballs and Rice (all beef meatballs (halal), cornstarch, seasoning, vinegar, soy sauce, brown sugar) served with brown rice (served from separate bowls) Cooked Corn Vanilla Yogurt	Sneaky Sloppy Joes served with naan (salsa, lentils, tomato sauce, tomato paste, mustard, vinegar, brown sugar) (vegetarian) Fresh Salad (with creamy coleslaw dressing) Cooked Green Beans Mandarin Oranges	Lemon Dill Basa served with pasta and tomato sauce (basa, lemon juice, dill, butter, tomato sauce, pasta noodles) Cooked Broccoli Applesauce	Chipper Chicken Pizza (halal) (traditional naan, vegetable tomato sauce – with hidden vegetables, seasoned chicken, cheese) Fresh Spinach Salad with Italian dressing Cooked Carrots Fruit Salad
PM Snack <i>Water served at all PM Snacks</i>	Hummus with Whole Wheat Pita and/or Cucumber Slices	Multigrain Cheerios and/or Sliced Peaches	Apple Sauce Pouch (apple or strawberry apple) and/or Roasted Cauliflower	Cheese (marble) and/or Apple Slices	Triscuit Crackers and/or Cucumber Slices

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