

# Le Chaperon Rouge Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pancakes Applesauce Milk	Scrambled Eggs Wheat bread Peaches Milk	Cheerios Raisins Milk	Oatmeal Bananas Milk	French Toast Applesauce Milk
<b>Lunch</b>	Toasted Turkey & Cheese on wheat bread Baked beans Oranges/Mandarin Oranges Milk	Chicken Patty Wheat bread Carrots Pineapple Milk	Macaroni & Cheese Cheese slice Broccoli Pears Milk	Meatloaf Mashed Potatoes Peas Cantaloupe Milk	Pasta with meat sauce Green beans Pineapple Milk
<b>Snack</b>	Crackers & Cheese slice 100% Juice	Trail Mix, Carrots 100% Juice	Yogurt 100% Juice	Goldfish Carrots Juice or water offered	Plain or Cinnamon Graham Crackers Apples/Applesauce Juice or water offered

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pancakes Applesauce Milk	Scrambled Eggs Wheat bread Peaches Milk	Crispix Cereal Raisins Milk	Oatmeal Bananas Milk	Waffles Applesauce Milk
<b>Lunch</b>	Chicken Noodle Soup with veggies Turkey/Cheese on wheat Oranges/Mandarin Oranges Milk	Chili, Corn Chips, Cheese sauce, Corn, Pineapple, Milk	Chicken Triangles, Ranch, Green Beans, Mashed Potatoes, Pineapple, Milk	Beef "Stroganoff", Carrots, Honeydew Melon, Milk	Cheese Tortellini, Shredded cheese, Salad, Pears, Milk
<b>Snack</b>	Crackers & Cheese slice 100% Juice	Trail Mix, Carrots 100% Juice	Animal Crackers 100% Juice	Carrots, cucumbers, Ranch, crackers Juice or water offered	Chocolate chip Cookies Apples/Applesauce Juice or water offered

Le Chaperon Rouge is proud to have eliminated hot dogs, bologna, peanut butter and all nut products, candy, and most products with high fructose corn syrup from our menu. Salad contains: iceberg lettuce, carrots and purple cabbage. All milk is hormone/antibiotic free. Whole milk is provided to infants and toddlers.

2% milk is provided to preschoolers and school agers.

# Le Chaperon Rouge Menu

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pancakes Applesauce Milk	Scrambled Eggs Wheat bread Peaches Milk	Cheerios cereal Raisins Milk	Oatmeal Bananas Milk	French Toast Applesauce Milk
<b>Lunch</b>	Beef tacos Salad Pears Milk	Grilled Cheese on wheat Tomato soup with rice Apples/Applesauce Milk	Macaroni & cheese Shredded cheese Peas Pineapple, Milk	Chicken Noodle Casserole Broccoli Honeydew Milk	Fish sticks Peas & rice Oranges/Mandarin oranges Milk
<b>Snack</b>	Crackers & Cheese slice 100% Juice	Trail Mix, Carrots 100% Juice	Yogurt 100% Juice	Goldfish Carrots Juice or water offered	Plain or Cinnamon Graham Crackers Apples/Applesauce Juice or water offered

## Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pancakes Applesauce Milk	Scrambled Eggs Wheat bread Peaches Milk	Crispix Cereal Raisins Milk	Oatmeal Bananas Milk	Waffles Applesauce Milk
<b>Lunch</b>	Sloppy Joes Corn & peas Pineapple Milk	Cheese ravioli Shredded cheese Salad Apples/Applesauce Milk	Beef "Stroganoff", Carrots, Honeydew Melon, Milk	Grilled Cheese on wheat Tomato soup with rice Apples/Applesauce Milk	Chicken Noodle Casserole Peas & carrots Peaches Milk
<b>Snack</b>	Crackers & Cheese slice 100% Juice	Trail Mix, Carrots 100% Juice	Animal Crackers 100% Juice	Carrots, Cucumbers, Ranch, crackers Juice or water offered	Plain or Cinnamon Graham Crackers Apples/Applesauce Juice or water offered

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