

AUNTIE'S HOUSE LFC

Meal Menu 2023

January

Week One

AM Snack: Yogurt & Apples/Bananas

Lunch:

Pancakes w/ Berries

PM Snack: Muffins

Week Two

AM Snack: Yogurt & Oranges

Lunch:

Chicken Ranch wrap w/ veggies

PM Snack: Muffins

February

Week One

AM Snack: Applesauce & Goldfish crackers

Lunch:

Oatmeal Bowls w/ toppings

PM Snack: Banana bread

Week Two

AM Snack: Goldfish Crackers & Dried fruit

Lunch:

Chicken noodle soup w/ buns

PM Snack: Banana bread

March

Week One

AM Snack: Yogurt & Apples

Lunch:

Grilled Cheese w/ Veggies & Dip

PM Snack: Tea biscuits and bananas

Week Two

AM Snack: Yogurt & Oranges

Lunch:

Waffles & Scrambled eggs w/ Veggies & dip

PM Snack: Tea biscuits and bananas

Annual Food and Nutrition Plan

Meals are subject to change based on availability

April

Week One

AM Snack: Applesauce & Goldfish crackers

Lunch:

Pita, Hummus, Tzatziki and Veggies

PM Snack: Muffins

Week Two

AM Snack: Goldfish Crackers & Dried fruit

Lunch:

Vegetable Curry w/ rice

PM Snack: Muffins

May

Week One

AM Snack: Yogurt & Apples/Bananas

Lunch:

Tomato Soup w/ Goldfish crackers

PM Snack: Banana bread

Week Two

AM Snack: Yogurt & Oranges

Lunch:

Macaroni and cheese w/ veggies & dip

PM Snack: Banana bread

June

Week One

AM Snack: *Portable:* Applesauce, granola bar or trail mix

Lunch:

Ham or cucumber sandwich w/ Veggies & Dip

PM Snack: Tea biscuits and bananas

Week Two

AM Snack: *Portable:* Applesauce, granola bar or trail mix

Lunch:

Pasta bowls w/ marinara

PM Snack: Tea biscuits and bananas

AUNTIE'S HOUSE LFC

Annual Food and Nutrition Plan

Meal Menu 2023

July

Week One

AM Snack: *Portable:* Applesauce, granola bar or trail mix

Lunch:

Pancakes w/ Berries

PM Snack: Muffins

Week Two

AM Snack: Yogurt & Oranges

Lunch:

Chicken Ranch wrap w/ veggies

PM Snack: Muffins

August

Week One

AM Snack: *Portable:* Applesauce, granola bar or trail mix

Lunch:

Oatmeal Bowls w/ toppings

PM Snack: Banana bread

Week Two

AM Snack: Goldfish Crackers & Dried fruit

Lunch:

Chicken noodle soup w/ buns

PM Snack: Banana bread

September

Week One

AM Snack: Yogurt & Apples/ Bananas

Lunch:

Grilled Cheese w/ Veggies & Dip

PM Snack: Tea biscuits and bananas

Week Two

AM Snack: Yogurt & Oranges

Lunch:

Waffles & Scrambled eggs w/ Veggies & dip

PM Snack: Tea biscuits and bananas

October

Week One

AM Snack: Applesauce & Goldfish crackers

Lunch:

Pita, Hummus, Tzatziki and Veggies

PM Snack: Muffins

Week Two

AM Snack: Goldfish Crackers & Dried fruit

Lunch:

Vegetable Curry w/ rice

PM Snack: Muffins

November

Week One

AM Snack: Yogurt & Apples/Bananas

Lunch:

Tomato Soup w/ Goldfish crackers

PM Snack: Banana bread

Week Two

AM Snack: Yogurt & Oranges

Lunch:

Macaroni and cheese w/ veggies & dip

PM Snack: Banana bread

December

Week One

AM Snack: Yogurt & Apples/ Bananas

Lunch:

Ham or cucumber sandwich w/ Veggies & Dip

PM Snack: Tea biscuits and bananas

Week Two

AM Snack: *Portable:* Applesauce, granola bar or trail mix

Lunch:

Pasta bowls w/ marinara

PM Snack: Tea biscuits and bananas