

# The Apple Tree School Menu

Our menu is packed with nutrient rich foods to benefit the health of your child. We strive to use fresh seasonal fruits and vegetables, incorporate whole grains where we can, and avoid added sugars and high fructose.

Our children may eat as much as they like!

"Give us today  
our daily bread."

Matthew 6:11

## Week A

### Monday

**Breakfast:**

Homestyle Waffles w/  
Syrup, and Low-Fat Milk

**AM & PM Snacks:**

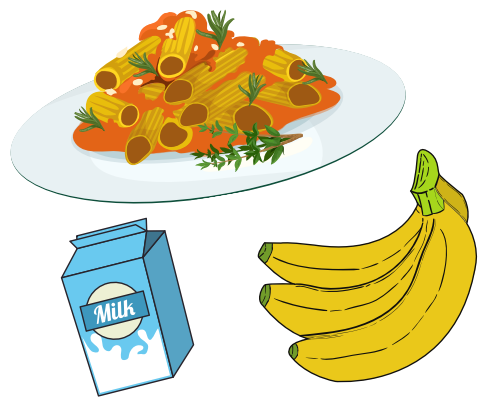
Honey Graham Crackers  
and Low-Fat Milk

**Lunch:**

Italian Pasta w/ Ground  
Beef and Marinara Sauce,  
Fresh Cut Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

String Cheese and  
Low-Fat Milk



### Tuesday

**Breakfast:**

100% Whole Grain Oatmeal  
w/ Raisins and Low-Fat Milk

**AM & PM Snacks:**

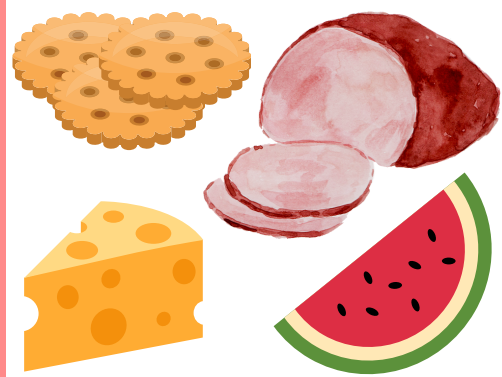
Yogurt w/ Granola  
and Low-Fat Milk

**Lunch:**

Ham and Cheese on Ritz  
Crackers, Fresh Cut  
Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

Apple Slices w/ Cheese  
and Low-Fat Milk



### Wednesday

**Breakfast:**

Bagel w/ Cream Cheese,  
Fresh Cut Seasonal Fruit  
and Low-Fat Milk

**AM & PM Snacks:**

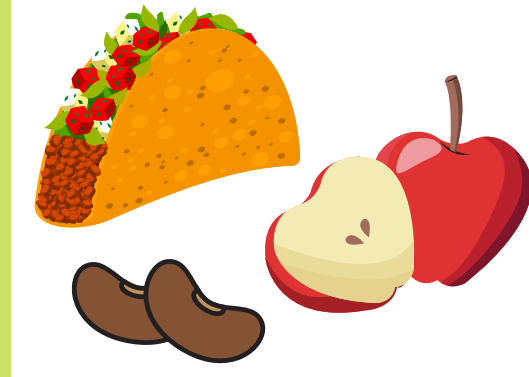
Whole Grain Cheerios or  
Popcorn and Apple Juice

**Lunch:**

Soft Tacos w/ Ground Beef,  
Lettuce, Tomato,  
Cheese, Pinto Beans,  
Fresh Cut Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

American Cheese on  
Wheat Bread and Apple Juice



### Thursday

**Breakfast:**

Whole Grain Oat Cheerios  
w/ Fresh Blueberries  
and Low-Fat Milk

**AM & PM Snacks:**

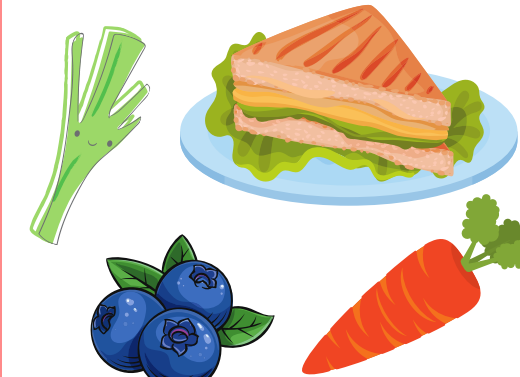
Ritz Crackers, Fresh Cut  
Fruit & Low-Fat Milk

**Lunch:**

Chicken Salad Sandwich,  
Carrots and Celery, Fresh  
Cut Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

Fresh Cut Seasonal Fruit  
and Low-Fat Milk



### Friday

**Breakfast:**

Smoked Sausage wrapped  
in Buttermilk Biscuit and  
Orange Juice

**AM & PM Snacks:**

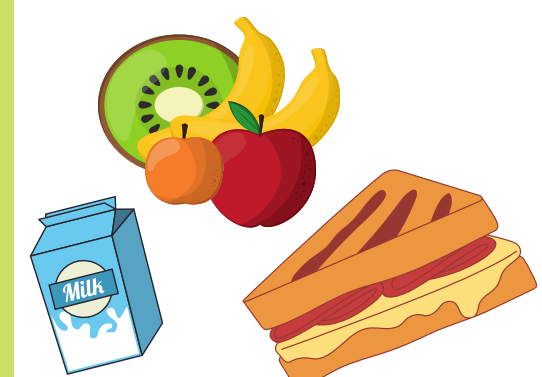
Veggie Chips and  
Apple Juice

**Lunch:**

Pepperoni Pizza on Wheat,  
Fresh Cut Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

Premium Carrots and Celery  
w/ Ranch and Apple Juice



## Week B

### Monday

**Breakfast:**

Old Fashioned Buttermilk  
Pancakes w/ Syrup  
and Low-Fat Milk

**AM & PM Snacks:**

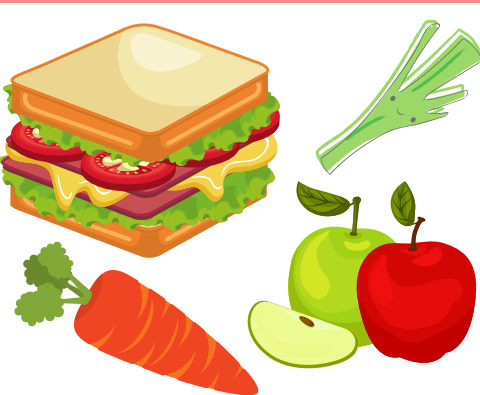
Honey Graham Crackers  
and Low-Fat Milk

**Lunch:**

Turkey Sandwich on  
Wheat, Premium Carrots  
and Celery w/ Ranch,  
Fresh Cut Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

String Cheese and  
Low-Fat Milk



### Tuesday

**Breakfast:**

American Cheese toasted  
on Wheat Bread and  
Orange Juice

**AM & PM Snacks:**

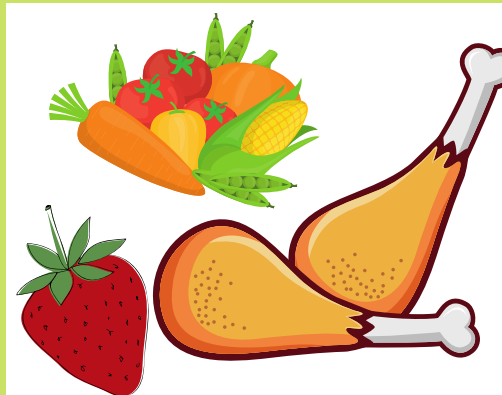
Yogurt w/ Granola  
and Low-Fat Milk

**Lunch:**

Baked Chicken Drumstick,  
Mixed Vegetables,  
Fresh Cut Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

Apple Slices w/ Cheese  
and Low-Fat Milk



### Wednesday

**Breakfast:**

Buttered Southern  
Cheese Grits  
and Low-Fat Milk

**AM & PM Snacks:**

Whole Grain Cheerios or  
Popcorn and Apple Juice

**Lunch:**

Turkey, Cheese and  
Lettuce Tortilla Wrap,  
Cucumber Slices, Fresh  
Cut Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

American Cheese on  
Wheat Bread and Apple Juice



### Thursday

**Breakfast:**

100% Whole Grain Oatmeal  
w/ Raisins and Low-Fat Milk

**AM & PM Snacks:**

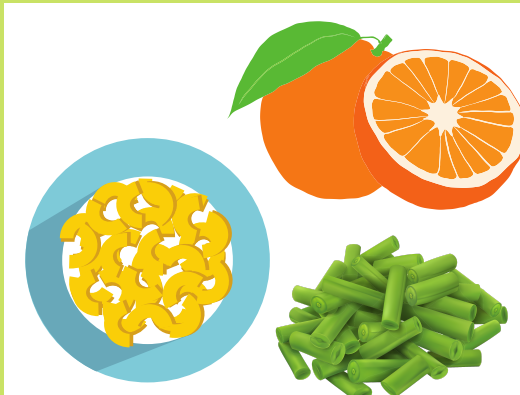
Ritz Crackers, Fresh Cut  
Fruit & Low-Fat Milk

**Lunch:**

Macaroni and Cheese,  
Green Beans,  
Fresh Cut Seasonal Fruit  
and Low-Fat Milk

**Evening Snack:**

Fresh Cut Seasonal Fruit  
and Low-Fat Milk



### Friday

**Breakfast:**

Yogurt w/ Fresh Fruit and  
Low-Fat Milk

**AM & PM Snacks:**

Veggie Chips and  
Apple Juice

**Lunch:**

Bean and Cheese Soft Taco,  
Corn, Fresh Cut Seasonal  
Fruit and Low-Fat Milk

**Evening Snack:**

Premium Carrots and Celery  
w/ Ranch and Apple Juice

