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. We serve meals and snacks family style. Our children may eat as much as they like!

Week A

Monday Breakfast:

Homestyle Waffles w/ Syrup, and Low-Fat Milk

Morning Snack:

Applesauce and Low-Fat Milk Lunch:

Beef Spaghetti Baked w/ Cheese, Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack: Goldfish Crackers and Water

Tuesday Breakfast:

American Cheese on Wheat Toast and Orange Juice

Morning Snack: Veggie Straws and Apple Juice Lunch:

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

Afternoon Snack: Honey Graham Crackers and Low-Fat Milk



Wednesday Breakfast:

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

Morning Snack: Fresh Fruit Slices and Low-Fat Milk Lunch:

Mini Corn Dogs, Green Beans, Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack: Pretzels and Apple Juice

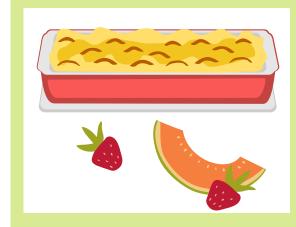


Yogurt w/ Fresh Fruit and Low-Fat Milk

Morning Snack: Goldfish Crackers and Apple Juice Lunch:

Chicken, Veggie & Rice Casserole Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack: Applesauce and Low-Fat Milk



our daily bread." Matthew 6:11

"Give us today

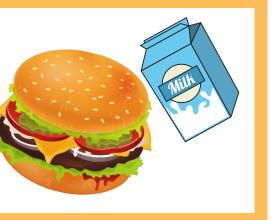
Friday Breakfast: Buttered Southern Cheese Grits and Low-Fat Milk

Morning Snack: Honey Graham Crackers and Low-Fat Milk Lunch: Beef Hamburger w/

Lettuce, Tomato & Cheese, Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack:

Trail Mix and Water



Week B

Monday Breakfast: Old Fashioned Buttermilk **Tuesday Breakfast:** Whole Grain Oat Cheerios Wednesday Breakfast: Smoked Sausage in a Buttermilk Biscuit, and Orange Juice Morning Snack: Fresh Fruit Slices and Low-Fat Milk Lunch: Thursday Breakfast: Yogurt w/ Fresh Fruit **Friday Breakfast:** 100% Whole Grain Oatmeal w/ Raisins and Low-Fat Milk

Pancakes w/ Syrup and Low-Fat Milk **Morning Snack:** Applesauce

and Low-Fat Milk

Sloppy Joe w/ Cheese and Tator Tot Casserole Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack: Goldfish Crackers and Water w/ Fresh Blueberries and Low-Fat Milk **Morning Snack:** Veggie Straws

and Apple Juice

Turkey Sausage w/ Beans & Rice, Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack: Honey Graham Crackers and Low-Fat Milk Cheese Pizza, Carrots and Celery w/ Ranch, Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack:

Pretzels and Apple Juice

and Low-Fat Milk

Morning Snack: Goldfish Crackers and Apple Juice Lunch:

Steak Fingers, Mashed Potatoes, Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack:

Applesauce and Low-Fat Milk Morning Snack: Honey Graham Crackers and Low-Fat Milk Lunch:

Homemade Chicken Noodle Soup w/ Vegetables, Fresh Cut Seasonal Fruit and Low-Fat Milk

Afternoon Snack:

Trail Mix and Water



