

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!

"Give us today
our daily bread."
Matthew 6:11

Week A

<p>Monday</p> <p>Breakfast:</p> <p>Homestyle Waffles w/ Syrup, and Low-Fat Milk</p> <p>Morning Snack:</p> <p>Applesauce and Low-Fat Milk</p> <p>Lunch:</p> <p>Beef Spaghetti Baked w/ Cheese, Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Goldfish Crackers and Water</p>	<p>Tuesday</p> <p>Breakfast:</p> <p>American Cheese on Wheat Toast and Orange Juice</p> <p>Morning Snack:</p> <p>Veggie Straws and Apple Juice</p> <p>Lunch:</p> <p>Baked Chicken, Mixed Vegetables, Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Honey Graham Crackers and Low-Fat Milk</p>	<p>Wednesday</p> <p>Breakfast:</p> <p>100% Whole Grain Oatmeal w/ Raisins and Low-Fat Milk</p> <p>Morning Snack:</p> <p>Fresh Fruit Slices and Low-Fat Milk</p> <p>Lunch:</p> <p>Mini Corn Dogs, Green Beans, Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Pretzels and Apple Juice</p>	<p>Thursday</p> <p>Breakfast:</p> <p>Yogurt w/ Fresh Fruit and Low-Fat Milk</p> <p>Morning Snack:</p> <p>Goldfish Crackers and Apple Juice</p> <p>Lunch:</p> <p>Chicken, Veggie & Rice Casserole Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Applesauce and Low-Fat Milk</p>	<p>Friday</p> <p>Breakfast:</p> <p>Buttered Southern Cheese Grits and Low-Fat Milk</p> <p>Morning Snack:</p> <p>Honey Graham Crackers and Low-Fat Milk</p> <p>Lunch:</p> <p>Beef Hamburger w/ Lettuce, Tomato & Cheese, Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Trail Mix and Water</p>
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Week B

<p>Monday</p> <p>Breakfast:</p> <p>Old Fashioned Buttermilk Pancakes w/ Syrup and Low-Fat Milk</p> <p>Morning Snack:</p> <p>Applesauce and Low-Fat Milk</p> <p>Lunch:</p> <p>Sloppy Joe w/ Cheese and Tator Tot Casserole Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Goldfish Crackers and Water</p>	<p>Tuesday</p> <p>Breakfast:</p> <p>Whole Grain Oat Cheerios w/ Fresh Blueberries and Low-Fat Milk</p> <p>Morning Snack:</p> <p>Veggie Straws and Apple Juice</p> <p>Lunch:</p> <p>Turkey Sausage w/ Beans & Rice, Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Honey Graham Crackers and Low-Fat Milk</p>	<p>Wednesday</p> <p>Breakfast:</p> <p>Smoked Sausage in a Buttermilk Biscuit, and Orange Juice</p> <p>Morning Snack:</p> <p>Fresh Fruit Slices and Low-Fat Milk</p> <p>Lunch:</p> <p>Cheese Pizza, Carrots and Celery w/ Ranch, Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Pretzels and Apple Juice</p>	<p>Thursday</p> <p>Breakfast:</p> <p>Yogurt w/ Fresh Fruit and Low-Fat Milk</p> <p>Morning Snack:</p> <p>Goldfish Crackers and Apple Juice</p> <p>Lunch:</p> <p>Steak Fingers, Mashed Potatoes, Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Applesauce and Low-Fat Milk</p>	<p>Friday</p> <p>Breakfast:</p> <p>100% Whole Grain Oatmeal w/ Raisins and Low-Fat Milk</p> <p>Morning Snack:</p> <p>Honey Graham Crackers and Low-Fat Milk</p> <p>Lunch:</p> <p>Homemade Chicken Noodle Soup w/ Vegetables, Fresh Cut Seasonal Fruit and Low-Fat Milk</p> <p>Afternoon Snack:</p> <p>Trail Mix and Water</p>
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