

The Apple Tree School Menu

Our menu is packed with nutrient rich foods to benefit the health of your child.
We serve fresh seasonal fruits and vegetables, incorporate whole grains and avoid added sugars.
Water is offered with all meals and snacks. 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:

Whole Grain Cheerios or
Popcorn and Apple Juice

Lunch:

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

Evening Snack:

American Cheese on Wheat
Bread and Low-Fat Milk

Tuesday

Breakfast:

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

AM & PM Snacks:

Honey Graham Crackers
and Low-Fat Milk

Lunch:

Turkey Slices with
American Cheese and
Ritz Crackers,
Fresh Cut Seasonal Fruit
and Low-Fat Milk

Evening Snack:

String Cheese and
Apple Juice

Wednesday

Breakfast:

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

AM & PM Snacks:

Goldfish Crackers
and Apple Juice

Lunch:

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

Evening Snack:

Fresh Carrots and Celery
w/ Ranch and Low-Fat Milk

Thursday

Breakfast:

Smoked Sausage wrapped
in Buttermilk Biscuit and
Orange Juice

AM & PM Snacks:

Animal Crackers
and Low-Fat Milk

Lunch:

Chicken Salad Sandwich on
Wheat Bread, Carrots and
Celery w/ Ranch Dressing,
Fresh Cut Seasonal Fruit
and Low-Fat Milk

Evening Snack:

Apple Slices w/ Cheese
and Low-Fat Milk

Friday

Breakfast:

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

AM & PM Snacks:

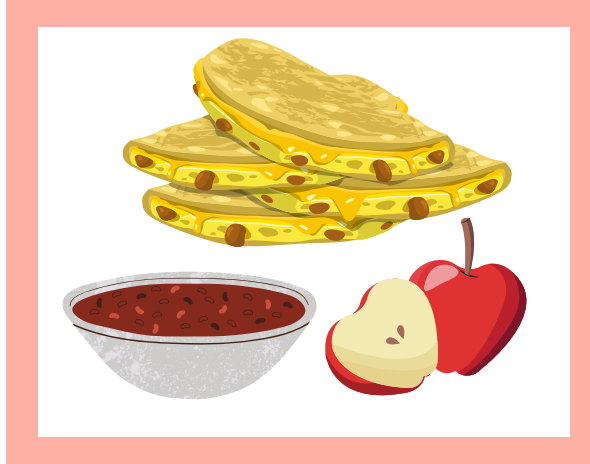
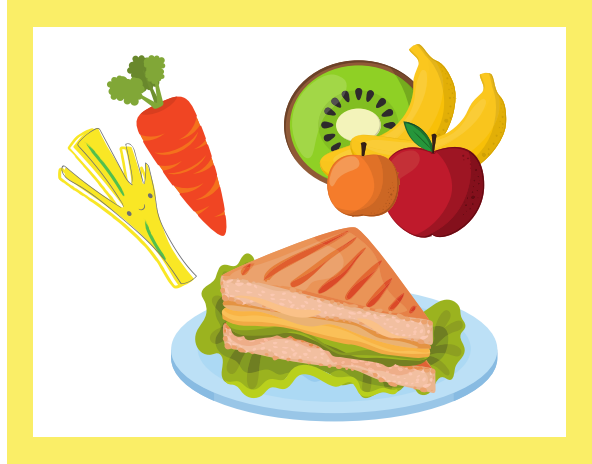
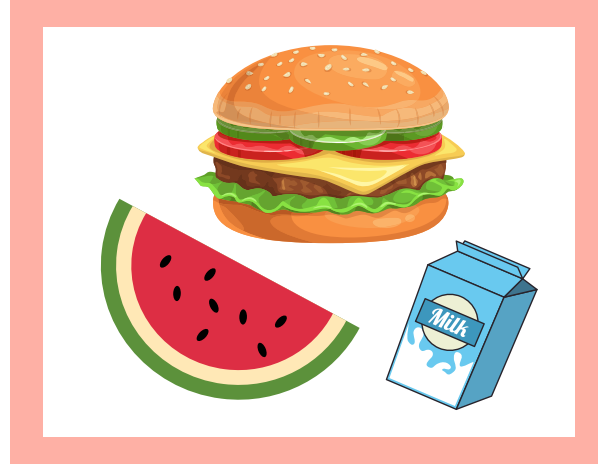
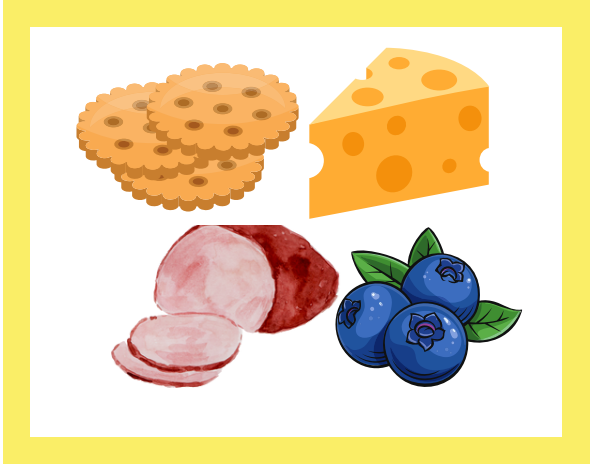
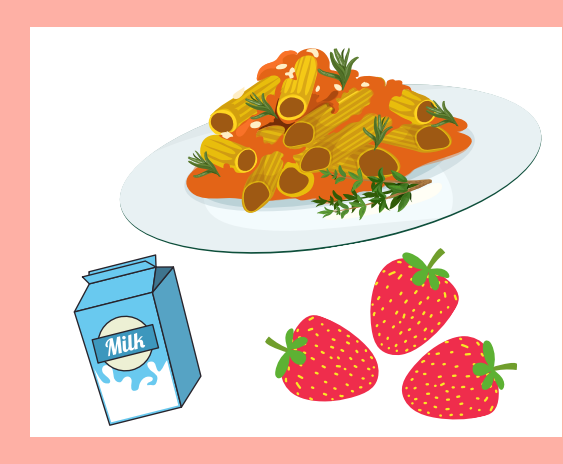
Fresh Cut Seasonal Fruit
and Low-Fat Milk

Lunch:

Mexican Cheese and
Flour Tortilla Quesadilla,
Ranch Beans, Fresh Cut
Seasonal Fruit
and Low-Fat Milk

Evening Snack:

Fresh Cucumber Slices
w/ Ranch and Apple Juice



Week B

Monday

Breakfast:

Old Fashioned Buttermilk
Pancakes
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

Tuesday

Breakfast:

Buttered Southern
Cheese Grits
and Low-Fat Milk

AM & PM Snacks:

Honey Graham Crackers
and Low-Fat Milk

Lunch:

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

Evening Snack:

String Cheese and
Low-Fat Milk

Wednesday

Breakfast:

American Cheese toasted
on Wheat Bread and
Orange Juice

AM & PM Snacks:

Goldfish Crackers
and Apple Juice

Lunch:

Frito Pie w/ Beef Chili,
Corn & Shredded Cheddar
Cheese, Fresh Cut
Seasonal Fruit
and Low-Fat Milk

Evening Snack:

Fresh Carrots and Celery
w/ Ranch and Apple Juice

Thursday

Breakfast:

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

AM & PM Snacks:

Animal Crackers
and Low-Fat Milk

Lunch:

Ham Slices with
American Cheese and
Ritz Crackers,
Fresh Cut Seasonal Fruit
and Low-Fat Milk

Evening Snack:

Apple Slices w/ Cheese
and Low-Fat Milk

Friday

Breakfast:

Yogurt w/ Fresh Fruit
and Low-Fat Milk

AM & PM Snacks:

Fresh Cut Seasonal Fruit
and Low-Fat Milk

Lunch:

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

Evening Snack:

Fresh Cucumber Slices
w/ Ranch and Apple Juice

