

Apple Tree Academy II, III, IV & V Menu

| | Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|--|--|---|--|
| Breakfast | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| | Meat/Meat Alternate | | | | | |
| | Vegetable/Fruit/Juice Ages 1-18: ½ Cup | Seasonal Fresh Fruit | Apples | Oranges | Grapes | Fruit Cocktail |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ cup | French Toast <i>Butter</i> | 100 % WG Multigrain Cheerios | Dora the Explorer Cereal | 100% Whole Wheat Toast <i>Butter</i> | 100% WG English Muffins <i>Jelly</i> |
| Lunch | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | Ham | Tacos <i>Ground Beef, Cheese, Lettuce, Tomatoes</i> | Meatballs <i>Tomato Sauce Provolone Cheese</i> | Chicken | Hamburgers <i>Cheese, Tomato, Lettuce, Mayonnaise</i> |
| | Vegetable Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads) | Zucchini | Corn | Spinach Salad <i>Tomatoes, Cucumbers Salad Dressing</i> | Peas | Mashed Sweet Potatoes |
| | Fruit or Vegetable Ages 1-18: ¼ cup | Seasonal Fresh Fruit | Seasonal Fresh Fruit | Seasonal Fresh Fruit | Pears | Seasonal Fresh Fruit |
| | Grains/Breads Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup | 100% Whole Wheat Macaroni & Cheese | Tortilla | 100 % Whole Grain Roll | Yellow Rice | Bun |
| Snack | Milk Ages 1-5: 4 oz.; Ages 6-18: 8 oz. | | | | | |
| | Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz | | Yogurt | | | |
| | Vegetable Ages 1-5: ½ cup; Ages 6-18: ¾ cup | | | | Celery Sticks <i>Ranch Dressing</i> | Spinach Artichoke Dip |
| | Fruit/Juice Ages 1-5: ½ cup; Ages 6-18: ¾ cup | Seasonal Fresh Fruit | | Seasonal Fresh Fruit | | |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup | Muffins | Graham Crackers | Rice Cakes | Pita Bread | Tortilla Chips |

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Apple Tree Academy II, III, IV & V Menu

| | Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|---|---|---|
| Breakfast | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| | Meat/Meat Alternate | | | | | |
| | Vegetable/Fruit/Juice Ages 1-18: ½ Cup | Seasonal Fresh Fruit | Applesauce | Seasonal Fresh Fruit | Banana | Pineapple |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ cup | Raisin Bread | 100% WG Frosted Mini Wheats Cereal | Pancakes | Kix Cereal | Bagel <i>Cream Cheese</i> |
| Lunch | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | Homemade Chicken A La King | Homemade Lasagna | Chicken Salad Sandwiches | BBQ Chicken | Homemade Meatloaf |
| | Vegetable Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads) | Peas | Tossed Salad <i>Tomatoes, Cucumbers</i> <i>Salad Dressing</i> | Carrots | Cauliflower | Green Beans |
| | Fruit or Vegetable Ages 1-18: ¼ cup | Seasonal Fresh Fruit | Green Beans | Seasonal Fresh Fruit | Peaches | Cantaloupe |
| | Grains/Breads Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup | 100% Whole Grain Brown Rice | Italian Bread | 100% Whole Wheat Bread | 100% Whole Grain Brown Rice | 100% Whole Grain Roll |
| Snack | Milk Ages 1-5: 4 oz.; Ages 6-18: 8 oz. | | | | | |
| | Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz | Yogurt | String Cheese & Pepperoni Slices | Hummus | String Cheese | |
| | Vegetable Ages 1-5: ½ cup; Ages 6-18: ¾ cup | | | | Carrots | |
| | Fruit/Juice Ages 1-5: ½ cup; Ages 6-18: ¾ cup | Fruit Cocktail | | | | Seasonal Fresh Fruit |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup | | Saltines | Pretzels | | Cracker Rounds |

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Apple Tree Academy II, III, IV & V Menu

| | Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|---|---|--|---|
| Breakfast | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| | Meat/Meat Alternate | | | | | |
| | Vegetable/Fruit/Juice Ages 1-18: ½ Cup | Seasonal Fresh Fruit | Applesauce | Seasonal Fresh Fruit | Banana | Seasonal Fresh Fruit |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ cup | Alphabits Cereal | 100% Whole Grain Cinnamon Toast | Waffle <i>Syrup</i> | 100% Whole Grain English Muffin | Bagels <i>Cream Cheese</i> |
| | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| Lunch | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | Cheese(baked ziti) | Turkey & Cheese | Homemade Hamburger Hot Dish | Homemade Chicken Enchiladas <i>Cheese</i> | Homemade Chicken Alfredo |
| | Vegetable Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads) | Caesar Salad <i>Cheese, Croutons, Caesar Salad Dressing</i> | Cucumbers | Roasted Potatoes | Carrots | Green Beans |
| | Fruit or Vegetable Ages 1-18: ¼ cup | Seasonal Fresh Fruit | Pineapple | Seasonal Fresh Fruit | Seasonal Fresh Fruit | Peaches |
| | Grains/Breads Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup | Homemade Baked Ziti 100 % Whole Grain Roll | Tortillas | Spiral Noodles 100% Whole Wheat Roll | Tortillas | 100% Whole Grain Noodles |
| | Milk Ages 1-5: 4 oz.; Ages 6-18: 8 oz. | | | | | |
| Snack | Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz | | | Yogurt | | String Cheese |
| | Vegetable Ages 1-5: ½ cup; Ages 6-18: ¾ cup | | | | Sweet Potato Chips | Celery |
| | Fruit/Juice Ages 1-5: ½ cup; Ages 6-18: ¾ cup | Orange Slices | Bananas | Apples | Grapes | |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup | Raisin Bread | Pretzels | | | |
| | Milk Ages 1-5: 4 oz.; Ages 6-18: 8 oz. | | | | | |

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Apple Tree Academy II, III, IV & V Menu

| | Week Four | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|---|---|---|---|
| Breakfast | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| | Meat/Meat Alternate | | | | | |
| | Vegetable/Fruit/Juice Ages 1-18: ½ Cup | Peaches | Applesauce | Pears | Seasonal Fresh Fruit | Fruit Cocktail |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ cup | Blueberry Muffins | Biscuit <i>Jelly</i> | French Toast | 100% WG Cheerios Cereal | 100% Whole Wheat Toast <i>Butter</i> |
| | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| Lunch | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | Homemade Chicken Parmesan | Homemade Shepherd's Pie | Oven Baked Chicken | Ham & Cheese Sandwich <i>Mayonnaise</i> | Tuna Casserole |
| | Vegetable Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads) | Mixed Greens Salad <i>Tomatoes, Cucumbers Salad Dressing</i> | Corn | Mushrooms | Peas | Broccoli & Cheese |
| | Fruit or Vegetable Ages 1-18: ¼ cup | Seasonal Fresh Fruit | Pineapple | Seasonal Fresh Fruit | Bananas | Apples |
| | Grains/Breads Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup | 100% Whole Grain Roll | 100% Whole Wheat Roll | 100% Whole Grain Roll | 100% Whole Wheat Bread | 100% Whole Grain Noodles |
| | Milk Ages 1-5: 4 oz.; Ages 6-18: 8 oz. | | | | | |
| Snack | Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz | Cheese | | String Cheese | | |
| | Vegetable Ages 1-5: ½ cup; Ages 6-18: ¾ cup | | | | | |
| | Fruit/Juice Ages 1-5: ½ cup; Ages 6-18: ¾ cup | | Seasonal Fresh Fruit | | Seasonal Fresh Fruit | Grapes |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup | Tortillas (Quesadillas) | Chex Cereal Mix | Crackers | Pretzels | Animal Crackers |

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| | Week Five | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|---|---|---|
| Breakfast | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| | Meat/Meat Alternate | | | | | |
| | Vegetable/Fruit/Juice Ages 1-18: ½ Cup | Pineapple | Seasonal Fresh Fruit | Grapes | Bananas | Seasonal Fresh Fruit |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ cup | Bagels | 100% Whole Wheat Toast <i>Butter</i> | Muffins | French Toast | Rice Chex Cereal |
| | Milk Ages 1-5: 6 oz.; Ages 6-18: 8 oz. | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) | Whole Milk (1 year) 1% Milk (2-18 years) |
| Lunch | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | Homemade Chicken Teriaki | Cheesy Hamburger Casserole | Homemade Baked Chicken Nuggets <i>BBQ Sauce</i> | Homemade Spaghetti & Meat Sauce | Turkey & Cheese <i>Mayonnaise</i> |
| | Vegetable Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads) | Stir Fry Vegetables | Corn | Lima Beans | Mixed Greens Salad <i>Tomatoes, Cucumbers, Salad Dressing</i> | Baked Kale Chips |
| | Fruit or Vegetable Ages 1-18: ¼ cup | Applesauce | Seasonal Fresh Fruit | Orange Slices | Pears | Strawberries |
| | Grains/Breads Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup | 100% Whole Grain Quinoa | Cornbread | 100% Whole Grain Roll | 100% Whole Grain Noodles Garlic Bread | 100% Whole Wheat Bread |
| | Milk Ages 1-5: 4 oz.; Ages 6-18: 8 oz. | | | | | |
| Snack | Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz | Yogurt | Turkey | | Cubed Cheese | |
| | Vegetable Ages 1-5: ½ cup; Ages 6-18: ¾ cup | | | | | Cucumbers <i>Ranch Dressing</i> |
| | Fruit/Juice Ages 1-5: ½ cup; Ages 6-18: ¾ cup | Apples | | Seasonal Fresh Fruit | | |
| | Grains/Breads Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup | | Pretzels | Rice Cakes | Pita Chips | Cheese Crackers |

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