

# Apple Tree Academy II, IV & V Menu

Breakfast	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk (Unflavored)</b> 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)
	<b>Meat/Meat Alternate</b>					
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ Cup	Seasonal Fresh Fruit	Apples	Oranges	Grapes	Fruit Cocktail
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ cup	French Toast <i>Syrup</i>	100 % WG Multigrain Cheerios	100% WG English Muffins Jelly	100% Whole Wheat Toast <i>Butter</i>	100% WG Pancakes
Lunch	<b>Milk (Unflavored)</b> 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)
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	<b><i>Meatballs</i></b> <b><i>Tomato sauce</i></b> <b><i>Provolone cheese</i></b>	Tacos <i>Ground Beef, Cheese,</i> <i>Lettuce, Tomatoes</i>	Bagel Pizza Pepperoni & mozzarella cheese	Chicken	Sloppy Joes
	<b>Vegetable</b> Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads)	Green Beans	Corn	Broccoli Salad	Peas	Tater-tots
	<b>Fruit or Vegetable</b> Ages 1-18: ¼ cup	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Pears	Seasonal Fresh Fruit
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup	100 % Whole Grain Roll	Tortilla	Plain bagel	Yellow Rice	Rolls
Snack	<b>Milk (Unflavored)</b> Ages 1-5: 4 oz.; Ages 6-18: 8 oz.					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz		Yogurt		String Cheese & Turkey rollup	
	<b>Vegetable</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup					Pineapple Salsa
	<b>Fruit/Juice</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup	Seasonal Fresh Fruit		Raisins		
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup	Muffins	Graham Crackers	Rice Cakes	Crackers	Tortilla Chips

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# Apple Tree Academy II, IV & V Menu

<b>Breakfast</b>	Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk (Unflavored)</b> 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)
	<b>Meat/Meat Alternate</b>					
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ Cup	Seasonal Fresh Fruit	Applesauce	Seasonal Fresh Fruit	Banana	Pineapple
	<b>Grains/Breads</b> 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	100% whole Grain Pancakes	Raisin Bran Cereal	Bagel <i>Cream Cheese</i>
<b>Lunch</b>	<b>Milk (Unflavored)</b> 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)
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Homemade Grilled cheese and ham	Homemade Chicken Tenders	Homemade Chicken Ranch Wrap	Scrambled eggs & Sausage patty	Tator Tot Casserole Ground beef
	<b>Vegetable</b> Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads)	Peas	Green Beans	Cauliflower	Hashbrowns	Mixed Veggies
	<b>Fruit or Vegetable</b> Ages 1-18: ¼ cup	Seasonal Fresh Fruit	Blueberries	Seasonal Fresh Fruit	Peaches	Cantaloupe
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup	100% Whole Grain bread	Rolls	Tortilla	100% Whole Grain Toast	100 % whole Grain Roll
<b>Snack</b>	<b>Milk (Unflavored)</b> Ages 1-5: 4 oz.; Ages 6-18: 8 oz.					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz		Yogurt	String Cheese & Pepperoni Slices		
	<b>Vegetable</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup	Corn & black bean Salsa			Ham & Cheese Rollup	
	<b>Fruit/Juice</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup		Fruit Cocktail			Seasonal Fresh Fruit
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup	Tortilla Chips		Saltines	Tortilla	Muffins

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# Apple Tree Academy II, IV & V Menu

<b>Breakfast</b>	Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk (Unflavored)</b> 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)
	<b>Meat/Meat Alternate</b>					
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ Cup	Seasonal Fresh Fruit	Applesauce	Seasonal Fresh Fruit	Banana	Seasonal Fresh Fruit
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ cup	Rice Krispies Cereal	100% Whole Grain Cinnamon Toast	Waffle <i>Syrup</i>	Bagels <i>Cream Cheese</i>	100% Whole Grain English Muffin
<b>Lunch</b>	<b>Milk (Unflavored)</b> 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)
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Turkey & Cheese	Baked Ziti with meat sauce	Homemade Chicken Alfredo	English muffin pizzas	Homemade Chicken Tacos <i>Cheese</i>
	<b>Vegetable</b> Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads)	Roasted potatoes	Caesar Salad <i>Cheese, Croutons, Caesar Salad Dressing</i>	Broccoli	Cucumber & tomato salad	Corn
	<b>Fruit or Vegetable</b> Ages 1-18: ¼ cup	Seasonal Fresh Fruit	Pineapple	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Peaches
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup	100 % Whole Grain bread	Italian bread	100% Whole Grain Noodles	100% Whole grain English /muffin	Tortillas
<b>Snack</b>	<b>Milk (Unflavored)</b> Ages 1-5: 4 oz.; Ages 6-18: 8 oz.					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz		Yogurt	Cheese & Turkey Wrap		String Cheese & Ham
	<b>Vegetable</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup					
	<b>Fruit/Juice</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup	Apple Sauce	Orange Slices		Apples	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup	Chex mix		Tortilla	Muffins	Crackers

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# Apple Tree Academy II, IV & V Menu

Breakfast	Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk (Unflavored)</b> 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)
	<b>Meat/Meat Alternate</b>					
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ Cup	Peaches	Applesauce	Pears	Seasonal Fresh Fruit	Fruit Cocktail
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ cup	Blueberry Muffins	100% WG Cheerios Cereal	French Toast	Biscuit <i>Jelly</i>	100% Whole Wheat Toast <i>Butter</i>
Lunch	<b>Milk (Unflavored)</b> 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)
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Ham & Cheese Sandwich <i>Mayonnaise</i>	BBQ Chicken Sliders	Homemade Shepherd's Pie	Oven Baked Chicken	Ground sausage
	<b>Vegetable</b> Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads)	Broccoli & Cheese	Green Beans	Corn	Peas	Cauliflower
	<b>Fruit or Vegetable</b> Ages 1-18: ¼ cup	Seasonal Fresh Fruit	Pineapple	Bananas	Seasonal Fresh Fruit	Apples
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup	100% Whole Grain Bread	100% Whole grain bun	100% Whole Grain Roll	100% Whole Wheat Roll	Yellow rice
Snack	<b>Milk (Unflavored)</b> Ages 1-5: 4 oz.; Ages 6-18: 8 oz.					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz		Cheese	String Cheese & Pepperoni		
	<b>Vegetable</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup					
	<b>Fruit/Juice</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup	Seasonal Fresh Fruit			Seasonal Fresh Fruit	Grapes
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup	Chex Cereal Mix	Tortillas (Quesadillas) Sour cream & salsa	Crackers	Sandwich <i>Jelly</i>	Animal Crackers

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## Apple Tree Academy II, IV & V Menu

<b>Breakfast</b>	Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk</b> 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)
	<b>Meat/Meat Alternate</b>					
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ Cup	Pineapple	Seasonal Fresh Fruit	Grapes	Bananas	Seasonal Fresh Fruit
	<b>Grains/Breads</b> 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
<b>Lunch</b>	<b>Milk</b> 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)
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Turkey & Cheese <i>Mayonnaise</i>	BBQ Meatballs	Cheese Burgers	Home made Chicken nuggets BBQ Sauce	Homemade Pasta Salad <i>Pepperoni and mozzarella Cheese</i>
	<b>Vegetable</b> Ages 1-5: ¼ cup; Ages 6-18: ½ cup (Double portion for salads)	Corn	Green Beans	Sweet potato Fries	Mixed Greens Salad <i>Tomatoes, Cucumbers Salad Dressing</i>	Tomatoes and cucumbers
	<b>Fruit or Vegetable</b> Ages 1-18: ¼ cup	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Orange Slices	Strawberries	Pears
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ cup Ages 6-18: 1 slice/serving, ½ cup	100% Whole Grain Bread	100 % Whole Grain Rice	100% Whole Grain Bun	100% Whole Wheat Bread	100% Whole Grain Noodles
<b>Snack</b>	<b>Milk</b> Ages 1-5: 4 oz.; Ages 6-18: 8 oz.					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz	Yogurt	Cheese & Sliced Chicken Rollup		Cubed Cheese	
	<b>Vegetable</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup					Soft Pretzels
	<b>Fruit/Juice</b> Ages 1-5: ½ cup; Ages 6-18: ¾ cup	Apples		Seasonal Fresh Fruit	Raisins	Seasonal Fresh Fruit
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, 1/3 cup Ages 6-18: 1 slice/serving, ¾ Cup		Pretzels	Rice Cakes		

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