



Dancing Moose Winter Menu

****Week 1 begins on the 1st Monday of the month**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Snack Item 1	Banana Carrot Bread <input type="checkbox"/> <input checked="" type="checkbox"/>	Bananas <input type="checkbox"/> <input type="checkbox"/>	Applesauce <input type="checkbox"/> <input type="checkbox"/>	Fruit Smoothies <input type="checkbox"/> <input checked="" type="checkbox"/>	Cinnamon Toast <input type="checkbox"/> <input type="checkbox"/>
Snack Item 2	Saltine Crackers <input type="checkbox"/> <input type="checkbox"/>	Graham Crackers <input type="checkbox"/> <input type="checkbox"/>	Wheat Thins <input type="checkbox"/> <input type="checkbox"/>	Graham Crackers <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/>
Lunch					
Main Dish	Chicken Alfredo Pasta <input type="checkbox"/> <input checked="" type="checkbox"/>	Bolognese Pasta <input type="checkbox"/> <input type="checkbox"/>	Broccoli Cream Soup <input type="checkbox"/> <input checked="" type="checkbox"/>	Vegetable Stir Fry <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Vegetarian Alt.	Alfredo Pasta <input type="checkbox"/> <input checked="" type="checkbox"/>	Spaghetti Marinara <input type="checkbox"/> <input type="checkbox"/>	No Veg Option Needed <input type="checkbox"/> <input checked="" type="checkbox"/>	No Veg Option Needed <input type="checkbox"/> <input type="checkbox"/>	No Veg Option Needed <input type="checkbox"/> <input type="checkbox"/>
Side Dish	Mixed Vegetables <input type="checkbox"/> <input type="checkbox"/>	Side Salad <input type="checkbox"/> <input type="checkbox"/>	Broccoli <input type="checkbox"/> <input type="checkbox"/>	Quinoa <input type="checkbox"/> <input type="checkbox"/>	Side Salad <input type="checkbox"/> <input type="checkbox"/>
Beverage	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>
Afternoon Snack					
Snack Item 1	Graham Crackers <input type="checkbox"/> <input type="checkbox"/>	Cinnamon Bread <input type="checkbox"/> <input type="checkbox"/>	Pretzels <input type="checkbox"/> <input type="checkbox"/>	Mozzarella Cheese <input type="checkbox"/> <input checked="" type="checkbox"/>	Chex Mix <input type="checkbox"/> <input type="checkbox"/>
Snack Item 2	Fruit <input type="checkbox"/> <input checked="" type="checkbox"/>	Apple Slices <input type="checkbox"/> <input type="checkbox"/>	Cheddar Cheese <input type="checkbox"/> <input checked="" type="checkbox"/>	Pita Chips <input type="checkbox"/> <input type="checkbox"/>	Dried Fruit <input type="checkbox"/> <input type="checkbox"/>

Eggs Dairy

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Snack Item 1	Yogurt <input type="checkbox"/> <input checked="" type="checkbox"/>	Oatmeal <input type="checkbox"/> <input checked="" type="checkbox"/>	Pancakes <input type="checkbox"/> <input type="checkbox"/>	Banana Pudding <input type="checkbox"/> <input checked="" type="checkbox"/>	Fruit Smoothies <input type="checkbox"/> <input checked="" type="checkbox"/>
Snack Item 2	Fresh Fruit <input type="checkbox"/> <input type="checkbox"/>	Bananas <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/>	Graham Crackers <input type="checkbox"/> <input type="checkbox"/>
Lunch					
Main Dish	Chicken Tortilla Soup <input type="checkbox"/> <input type="checkbox"/>	Honey Herb Roasted Chic <input type="checkbox"/> <input type="checkbox"/>	Grilled Cheese Sandwich <input type="checkbox"/> <input checked="" type="checkbox"/>	Homemade Pizza <input type="checkbox"/> <input checked="" type="checkbox"/>	Baked Penne Pasta <input type="checkbox"/> <input checked="" type="checkbox"/>
Vegetarian Alt.	Tortilla Soup <input type="checkbox"/> <input type="checkbox"/>	Plant Protein <input type="checkbox"/> <input type="checkbox"/>	No Veg Option Needed <input type="checkbox"/> <input checked="" type="checkbox"/>	No Veg Option Needed <input type="checkbox"/> <input checked="" type="checkbox"/>	No Veg Option Needed <input type="checkbox"/> <input checked="" type="checkbox"/>
Side Dish	Rolls <input type="checkbox"/> <input type="checkbox"/>	Rice and Veggies <input type="checkbox"/> <input type="checkbox"/>	Mixed Vegetables <input type="checkbox"/> <input type="checkbox"/>	Mixed Salad <input type="checkbox"/> <input type="checkbox"/>	Broccoli <input type="checkbox"/> <input type="checkbox"/>
Beverage	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>	Milk 2% <input type="checkbox"/> <input checked="" type="checkbox"/>
Afternoon Snack					
Snack Item 1	Orange Slices <input type="checkbox"/> <input type="checkbox"/>	Mozzarella Cheese <input type="checkbox"/> <input checked="" type="checkbox"/>	Bananas <input type="checkbox"/> <input type="checkbox"/>	Apple Slices <input type="checkbox"/> <input type="checkbox"/>	Moose Mix <input type="checkbox"/> <input type="checkbox"/>
Snack Item 2	Graham Crackers <input type="checkbox"/> <input type="checkbox"/>	ChickPea Veg Crisps <input type="checkbox"/> <input type="checkbox"/>	Graham Crackers <input type="checkbox"/> <input type="checkbox"/>	Pretzels <input type="checkbox"/> <input type="checkbox"/>	Fresh Fruit <input type="checkbox"/> <input type="checkbox"/>

Eggs Dairy

*Water is available to children throughout the day and at all meals and snacks.

**Students with a wheat or gluten allergy must bring all of their own food due to safety reasons.

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday									
Morning Snack															
Snack Item 1	Strawberry Toast	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Fruit Salad	<input type="checkbox"/>	<input type="checkbox"/>	Banana Pudding	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Orange Slices	<input type="checkbox"/>	<input type="checkbox"/>	Oatmeal	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Snack Item 2	Bananas	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Yogurt	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Graham Crackers	<input type="checkbox"/>	<input type="checkbox"/>	ChickPea Veg Crisps	<input type="checkbox"/>	<input type="checkbox"/>	Fruit	<input type="checkbox"/>	<input type="checkbox"/>
Lunch															
Main Dish	Chicken Noodle Soup	<input type="checkbox"/>	<input type="checkbox"/>	Turkey Sandwiches	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Chili Bowls	<input type="checkbox"/>	<input type="checkbox"/>	Chicken Stir Fry	<input type="checkbox"/>	<input type="checkbox"/>	Spaghetti & Meatball	<input type="checkbox"/>	<input type="checkbox"/>
Vegetarian Alt.	Noodle Soup	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Cheese Sandwich	<input type="checkbox"/>	<input checked="" type="checkbox"/>	No Veg Option Needed	<input type="checkbox"/>	<input type="checkbox"/>	Vegetable Stir Fry	<input type="checkbox"/>	<input type="checkbox"/>	Spaghetti Marinara	<input type="checkbox"/>	<input type="checkbox"/>
Side Dish	Rolls	<input type="checkbox"/>	<input type="checkbox"/>	Carrot Sticks	<input type="checkbox"/>	<input type="checkbox"/>	Rolls	<input type="checkbox"/>	<input type="checkbox"/>	Rice	<input type="checkbox"/>	<input type="checkbox"/>	Side Salad	<input type="checkbox"/>	<input type="checkbox"/>
Beverage	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Afternoon Snack															
Snack Item 1	Pita Chips	<input type="checkbox"/>	<input type="checkbox"/>	Apple Slices	<input type="checkbox"/>	<input type="checkbox"/>	Cinnamon Bread	<input type="checkbox"/>	<input type="checkbox"/>	Fresh Fruit	<input type="checkbox"/>	<input type="checkbox"/>	Chex Mix	<input type="checkbox"/>	<input type="checkbox"/>
Snack Item 2	Cheddar Cheese	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Saltine Crackers	<input type="checkbox"/>	<input type="checkbox"/>	Fruit	<input type="checkbox"/>	<input type="checkbox"/>	Pretzels	<input type="checkbox"/>	<input type="checkbox"/>	Dried Fruit	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> Eggs <input checked="" type="checkbox"/> Dairy															

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday									
Morning Snack															
Snack Item 1	Applesauce	<input type="checkbox"/>	<input type="checkbox"/>	Fruit Smoothies	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Rice Pudding	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Apple Slices	<input type="checkbox"/>	<input type="checkbox"/>	Yogurt	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Snack Item 2	Pretzels	<input type="checkbox"/>	<input type="checkbox"/>	Graham Crackers	<input type="checkbox"/>	<input type="checkbox"/>	Raisins	<input type="checkbox"/>	<input type="checkbox"/>	Goldfish	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Fruit	<input type="checkbox"/>	<input type="checkbox"/>
Lunch															
Main Dish	Broccoli Cream Soup	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Cheese Quesadillas	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Alfredo Pasta	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Meatloaf	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Chicken Noodle Soup	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Vegetarian Alt.	No Veg Option Needed	<input type="checkbox"/>	<input checked="" type="checkbox"/>	No Veg Option Needed	<input type="checkbox"/>	<input type="checkbox"/>	Alfredo Pasta	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Plant Protein Meatloaf	<input type="checkbox"/>	<input type="checkbox"/>	Noodle Soup	<input type="checkbox"/>	<input type="checkbox"/>
Side Dish	Harvest Salad	<input type="checkbox"/>	<input type="checkbox"/>	Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	Mashed Potatoes	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Rolls	<input type="checkbox"/>	<input type="checkbox"/>
Beverage	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Afternoon Snack															
Snack Item 1	Pita Chips	<input type="checkbox"/>	<input type="checkbox"/>	ChickPea Veg Crisps	<input type="checkbox"/>	<input type="checkbox"/>	Cinnamon Bread	<input type="checkbox"/>	<input type="checkbox"/>	Moose Mix	<input type="checkbox"/>	<input type="checkbox"/>	Fresh Fruit	<input type="checkbox"/>	<input type="checkbox"/>
Snack Item 2	Mozzarella Cheese	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Apple Slices	<input type="checkbox"/>	<input type="checkbox"/>	Fruit	<input type="checkbox"/>	<input type="checkbox"/>	Apple Slices	<input type="checkbox"/>	<input type="checkbox"/>	Saltine Crackers	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Eggs <input checked="" type="checkbox"/> Dairy															

Week 5		Monday	Tuesday	Wednesday	Thursday	Friday									
Morning Snack															
Snack Item 1	Banana Pudding	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Fruit Smoothies	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Rice Pudding	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Apple Slices	<input type="checkbox"/>	<input type="checkbox"/>	Yogurt	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Snack Item 2	Graham Crackers	<input type="checkbox"/>	<input type="checkbox"/>	Goldfish	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Raisins	<input type="checkbox"/>	<input type="checkbox"/>	Goldfish	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Fruit	<input type="checkbox"/>	<input type="checkbox"/>
Lunch															
Main Dish	Alfredo Pasta with Chicker	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Cheese Quesadillas	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Turkey Sandwiches	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Cazeo Pasta	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Chili Bowls	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Vegetarian Alt.	Alfredo Pasta	<input type="checkbox"/>	<input checked="" type="checkbox"/>	No Veg Option Needed	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Cheese Sandwich	<input type="checkbox"/>	<input checked="" type="checkbox"/>	No Veg Option Needed	<input type="checkbox"/>	<input type="checkbox"/>	No Veg Option Needed	<input type="checkbox"/>	<input type="checkbox"/>
Side Dish	Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	Potatoes	<input type="checkbox"/>	<input type="checkbox"/>	Side Salad	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Rolls	<input type="checkbox"/>	<input type="checkbox"/>
Beverage	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Milk 2%	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Afternoon Snack															
Snack Item 1	Craisins	<input type="checkbox"/>	<input type="checkbox"/>	ChickPea Veg Crisps	<input type="checkbox"/>	<input type="checkbox"/>	Cinnamon Bread	<input type="checkbox"/>	<input type="checkbox"/>	Mozzarella Cheese	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Moose Mix	<input type="checkbox"/>	<input type="checkbox"/>
Snack Item 2	Goldfish	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Bananas	<input type="checkbox"/>	<input type="checkbox"/>	Fruit	<input type="checkbox"/>	<input type="checkbox"/>	Saltine Crackers	<input type="checkbox"/>	<input type="checkbox"/>	Apple Slices	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Eggs <input checked="" type="checkbox"/> Dairy															