



Example Weekly Menu:

This is an example menu. We aim to keep this menu similar and as up-to-date as possible.

Check out the parent board at the center, next to the director's office for a current menu with serving sizes.

Every Lunch is served with 1% or nonfat milk.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Whole grain Cereal Fresh fruit	Whole grain Cereal Fresh fruit	Whole grain Cereal Fresh fruit	Whole grain Cereal Fresh fruit	Whole grain Cereal Fresh fruit
Lunch	Naan, cheese pizza. With Pepperoni on the side	Cheese Quesadilla With beans on the side	Turkey or Ham and Cheese sandwiches on white bread.	Shredded chicken, pita bread.	Buttered Pasta, Shredded cheese
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Fruit	Fruit	Fruit	Fruit	Fruit
Afternoon Snack	Plain Yogurt	String Cheese	Cutie oranges	Apple Slices	Cottage cheese
	Ritz crackers	Animal crackers	Cheeze its	Goldfish	Graham Crackers

U.S. Department of Agriculture (USDA) Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.