

# Heritage Park Children's Programs

2023/2024 Year  
LUNCH/SNACK MENU

Starts Sept. 5/23 Start with Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK 7:30 - 8:30	Cereal Fruit Milk	Yogurt Fruit Milk	Oatmeal TT: Cereal Fruit & Milk	Pancakes Fruit & Milk	Toast Jam / Cheese whiz Fruit & Milk
LUNCH 11:30 - 12:30	Chicken Noodle Soup Meat Sandwich Fruit & Milk	Cheese perogies Corn Fruit & Milk	Chicken Wraps Caesar Salad Fruit & Milk	Kraft dinner Wieners/Bologna Fruit & Milk	Sausages, Mixed Veg. Mashed Potatoes Milk
PM SNACK 3:30 - 4:30	Fruit Cocktail Crackers Milk	Crackers, Cucumbers Pickles & Cheese Water	Trail Mix Fruit Milk	Bananas Crackers Milk	Muffins Fruit Milk

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK 7:30 - 8:30	Cereal Fruit Milk	Yogurt Fruit Milk	English Muffins Jam / Cheese whiz Fruit & Milk	Bagels Jam / Cheese whiz Fruit & Milk	Muffins Fruit Milk
LUNCH 11:30 - 12:30	Mini Subs Fruit Milk	Chicken Nuggets Smiley Face Potatoes Fruit & Milk	Honey Garlic Meatballs Mixed Veggies & Rice Fruit & Milk	Spaghetti with Meat Sauce & Cheese Fruit & Milk	Grilled Cheese Sandwiches Fruit & Milk
PM SNACK 3:30 - 4:30	Nachos Sour Cream & Salsa Juice	Hard Boiled Eggs Cucumbers & Dip Crackers & Water	Goldfish Crackers Graham Wafers Fruit & Milk	Cereal Fruit Milk	Popcorn Cheese Fruit & Juice TT: Animal Crackers

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK 7:30 - 8:30	Apple sauce Graham Crackers Milk	Toast Jam / Cheese whiz Fruit & Milk	Oatmeal Fruit & Milk TT: cereal	Pancakes Fruit & Milk	Cereal Fruit & Milk
LUNCH 11:30 - 12:30	Hot Dog w/ Cheese TT: Bologna Sandwich Fruit & Milk	Meatballs Mashed Potatoes Mixed Veggies Fruit & Milk	Fish sticks Tater Tots Fruit & Milk	Lazy Lasagna Fruit & Milk	Honey Garlic Chicken Rice & Corn Fruit & Milk
PM SNACK 3:30 - 4:30	Rice Krispie Cake Fruit Milk	Nachos Sour Cream & Salsa Fruit & Juice	Cucumbers with Dip Pickles & Cheese Milk	Yogurt, Arrowroot Fruit Milk	English Muffins Jam / Cheese Whiz Fruit & Milk

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK 7:30 - 8:30	Cereal Fruit Milk	Muffins Fruit Milk	Waffles Fruit Milk	Toast Jam / Cheese whiz Fruit & Milk	Yogurt Fruit Milk
LUNCH 11:30 - 12:30	Chicken Noodle Soup Cheese Buns Fruit & Milk	Chicken Fingers Mashed Potatoes Mixed Veg & Milk	Taco salad Fruit & Milk	Pizza buns Fruit & Milk	Alfredo Chicken Pasta & Cheese Fruit & Milk
PM SNACK 3:30 - 4:30	Fruit Cocktail Crackers Milk	Veggies & Dip Crackers Milk	Trail Mix Fruit Milk	Rice Cakes Jam / Cheese whiz Fruit & Milk	Popcorn Cheese Fruit & Juice TT: Animal Crackers)