

Lunch Menu #1

Monday

Spring Pasta Salad
w/Broccoli, Peas and Yellow Squash
Sliced Strawberries
Milk / Soy Milk

Tuesday

Alaskan Fish Fillets
Ceasar Salad
Blueberry + Yogurt Cups
Milk / Soy Milk

Wednesday

Baked Chicken and Gravy
Mixed Zucchini
Jasmine Rice
Milk / Soy Milk

Thursday

Baked Potato
Chef's Salad w. Ham & Turkey
Ricotta Cheese & Pineapple chunks
Milk / Soy Milk

Friday Brunch

Scrambled Eggs
Soy Sausage
Multi-Grain Toast
Mixed Berry Cups
Milk / Soy Milk

SNACKS

Snack choices are age-appropriate and one or a combination of the following:

Yogurt, fresh fruit, fruit cups, string cheese, cheese cubes, cereal bowls, sandwich crackers, graham crackers, assorted crackers, 'nilla wafers, Carob Cookies, assorted vegan breads, granola bars, Chex trail mix, pudding cups, and Jell-O.

On special occasions:

A snack treat may be assorted ice cream, fruit popsicles, chocolate milk or dessert cookies. Parents may also bring special birthday treats from home. *Please let your child's teacher know if any of these is not to be given to your child.*

Lunch Menu #2

Monday

Spinach in Angel Hair Pasta
Sweet Carrots
Greek Yogurt with Honey
Milk / Soy Milk

Tuesday

Fish Nuggets
Garden Salad with Apples
Milk / Soy Milk

Wednesday

Baked Pork Chops
'Tater Tots
Mixed Green Salad
Milk / Soy Milk

Thursday

Roast Beef & Gravy
Mashed Potatoes
Peas & Carrots
Milk / Soy Milk

Friday

PB & J Sandwiches
Alphabet Soup
Cinnamon Dutch Apples
Milk / Soy Milk

- Milk, Soy Milk & water are served with Breakfast, Lunch & Snacks.
- Water is available throughout the day.
- **Menu Subject to Change without Notice**

Spring/Summer Lunch Menu #1 & #2

Lunch Menu #3

Monday

Black Beans w/Jasmine Rice
Steamed Broccoli
Mandarin Oranges
Milk / Soy Milk

Tuesday

Tuna Salad w/No-Salt Saltines
Mixed Garden Salad
Strawberry + Blueberry Mix
Milk / Soy Milk

Wednesday

Macaroni and Cheese
Pinto Beans
Southern Style Corn Bread
Milk / Soy Milk

Thursday

Grilled Chicken Breast
Mixed Vegetables
Watermelon!
Milk / Soy Milk

Friday

Turkey Sandwiches
Veggie Soup
Greek Yogurt with Fruit
Milk / Soy Milk

SNACKS

Snack choices are age-appropriate and one or a combination of the following:

Yogurt, fresh fruit, fruit cups, string cheese, cheese cubes, cereal bowls, sandwich crackers, graham crackers, assorted crackers, 'nilla wafers, Carob Cookies, assorted vegan breads, granola bars, Chex trail mix, pudding cups, and Jell-O.

On special occasions:

A snack treat may be assorted ice cream, fruit popsicles, chocolate milk or dessert cookies. Parents may also bring special birthday treats from home. *Please let your child's teacher know if any of these is not to be given to your child.*

Lunch Menu #4

Monday

Vegetable Egg Rolls
Brown Rice
Spiced Pears
Milk/Soy Milk

Tuesday

Fish Sandwiches
Broiled Asparagus
Cantaloupe Chunks
Milk / Soy Milk

Wednesday

Beef Hot Dogs with buns
Vegetarian Baked Beans
Sliced Strawberries
Milk / Soy Milk

Thursday

Cheeseburgers
Sweet Potato Fries
Garden Salad Mix
Milk / Soy Milk

Friday

Cheese Pizza
Spinach Salad
Frozen Blueberries
Milk / Soy Milk

- Milk, Soy Milk & water are served with Breakfast, Lunch & Snacks.
- Water is available throughout the day.
- **Menu Subject to Change without Notice**

Spring/Summer Lunch Menu

Lunch Menu #5

Monday

Cherry Tomatoes & Spaghetti
Cesar Salad
Fruit and Yogurt Mix
Milk / Soy Milk

Tuesday

Quinoa
Greek Salad
Blueberries
Milk / Soy Milk

Wednesday

Chicken & Rice Casserole
Sweet Carrots
Pineapple Chunks
Milk / Soy Milk

Thursday

Grilled Turkey Breast
Sweet Yams
Spinach Salad
Mandarin Oranges
Milk / Soy Milk

Friday

Ham & Potato Soup
Apples Slices with PB dip
Milk / Soy Milk

SNACKS

Snack choices are age-appropriate and one or a combination of the following:

Yogurt, fresh fruit, fruit cups, string cheese, cheese cubes, cereal bowls, sandwich crackers, graham crackers, assorted crackers, 'nilla wafers, Carob Cookies, assorted vegan breads, granola bars, Chex trail mix, pudding cups, and Jell-O.

On special occasions:

A snack treat may be assorted ice cream, fruit popsicles, chocolate milk or dessert cookies. Parents may also bring special birthday treats from home. *Please let your child's teacher know if any of these is not to be given to your child.*

Lunch Menu #6

Monday

Bean Burritos with Cheese
Jasmine Rice
Honeydew Melon
Milk / Soy Milk

Tuesday

Chicken Salad with No-Salt Saltines
Spring Salad
Pineapple Chunks
Milk / Soy Milk

Wednesday

Pasta Salad with Broccoli
Watermelon Pieces
Milk / Soy Milk

Thursday

Baked Sliced Ham
Mashed Potatoes
Fresh Spinach Salad
Blackberries
Milk / Soy Milk

Friday

Turkey & Cheese Roll-ups
Steamed Mixed Vegetables – Carrots, Broccoli, Squash, Cranberries
Sliced Strawberries
Milk / Soy Milk

- Milk, Soy Milk & water are served with Breakfast, Lunch & Snacks.
- Water is available throughout the day.
- **Menu Subject to Change without Notice**

Spring/Summer Lunch Menu

Lunch Menu #7

Monday

Greek Salad
Sweet Potato Fries
Yogurt with Berries
Milk / Soy Milk

Tuesday

Tuna Salad with no-salt Saltines
Garden Vegetables
Ginger Peaches
Milk / Soy Milk

Wednesday

Pork Roast
Parmesan Polenta
Apples & Spinach Salad
Milk / Soy Milk

Thursday

Baked Fried Chicken
Mashed Potatoes
Steamed Broccoli
Milk / Soy Milk

Friday

French Onion Soup with Cheese
Honey Ham & Biscuits
Watermelon Chunks
Milk / Soy Milk

SNACKS

Snack choices are age-appropriate and one or a combination of the following:

Yogurt, fresh fruit, fruit cups, string cheese, cheese cubes, cereal bowls, sandwich crackers, graham crackers, assorted crackers, 'nilla wafers, Carob Cookies, assorted vegan breads, granola bars, Chex trail mix, pudding cups, and Jell-O.

On special occasions:

A snack treat may be assorted ice cream, fruit popsicles, chocolate milk or dessert cookies. Parents may also bring special birthday treats from home. *Please let your child's teacher know if any of these is not to be given to your child.*

Lunch Menu #8

Monday

Black Bean Chili
Jasmine Rice
Peaches
Milk / Soy Milk

Tuesday

Ham Salad Sandwich
Potato Salad
Fruit Yogurt
Milk / Soy Milk

Wednesday

Chicken Hot Dogs
Vegetarian Baked Beans
Sliced Strawberries
Milk / Soy Milk

Thursday

Baked Fried Chicken
Southern-Style Cheese Grits
Sliced Apples
Milk / Soy Milk

Friday

Cream of Broccoli Soup
Non-Salt Saltines
Blackberries
Milk / Soy Milk

- **Milk, Soy Milk & water are served with Breakfast, Lunch & Snacks.**
- **Water is available throughout the day.**
- **Menu Subject to Change without Notice**

Spring/Summer Lunch Menu

Lunch Menu #1

Monday

Greek Pasta Salad
w/feta, olives, ham
Sliced Peaches
Milk / Soy Milk

Tuesday

Alaskan Fish Fillets
Cucumbers + Dip
Assorted Yogurt Cups
Milk / Soy Milk

Wednesday

Baked Fried Chicken
Mashed Potatoes
Peas + Carrots
Milk / Soy Milk

Thursday

Baked Yams
Ham & Turkey Roll-ups
Ricotta Cheese & Pineapple
Milk / Soy Milk

Friday Brunch

Oatmeal + Mixed Berries
Scrambled Eggs
Honey Toast
Milk / Soy Milk

SNACKS

Snack choices are age-appropriate and one or a combination of the following:

Yogurt, fresh fruit, fruit cups, string cheese, cheese cubes, cereal bowls, sandwich crackers, graham crackers, assorted crackers, 'nilla wafers, Carob Cookies, assorted vegan breads, granola bars, Chex trail mix, pudding cups, and Jell-O.

On special occasions:

A snack treat may be assorted ice cream, fruit popsicles, chocolate milk or dessert cookies. Parents may also bring special birthday treats from home. *Please let your child's teacher know if any of these is not to be given to your child.*

Lunch Menu #2

Monday

Spinach in Angel Hair Pasta
Cherry Tomatoes
Greek Yogurt with Honey
Milk / Soy Milk

Tuesday

Fish Nuggets
Apple + Walnut Salad
Milk / Soy Milk

Wednesday

Baked Pork Chops
'Tater Tots
Mixed Green Salad
Milk / Soy Milk

Thursday

Roast Beef & Gravy
Baked Potato
Roasted Carrots
Milk / Soy Milk

Friday

PB & J Sandwiches
Alphabet Soup
Cinnamon Dutch Apples
Milk / Soy Milk

- Milk, Soy Milk & water are served with Breakfast, Lunch & Snacks.
- Water is available throughout the day.
- **Menu Subject to Change without Notice**

Lunch Menu #3

Monday

Black Beans w/Jasmine Rice
Steamed Broccoli
Mandarin Oranges
Milk / Soy Milk

Tuesday

Tuna Salad w/No-Salt Saltines
Mixed Garden Salad
Winter Berry Mix
Milk / Soy Milk

Wednesday

Macaroni and Cheese
Pinto Beans
Southern Style Corn Bread
Milk / Soy Milk

Thursday

Grilled Chicken Breast
Mixed Vegetables
French Fries
Milk / Soy Milk

Friday

Turkey + Cheese Sandwiches
Veggie Soup
Greek Yogurt with Fruit
Milk / Soy Milk

SNACKS

Snack choices are age-appropriate and one or a combination of the following:

Yogurt, fresh fruit, fruit cups, string cheese, cheese cubes, cereal bowls, sandwich crackers, graham crackers, assorted crackers, 'nilla wafers, Carob Cookies, assorted vegan breads, granola bars, Chex trail mix, pudding cups, and Jell-O.

On special occasions:

A snack treat may be assorted ice cream, fruit popsicles, chocolate milk or dessert cookies. Parents may also bring special birthday treats from home. *Please let your child's teacher know if any of these is not to be given to your child.*

Lunch Menu #4

Monday

Vegetable Egg Rolls
Brown Rice
Spiced Pears
Milk/Soy Milk

Tuesday

Fish Sandwiches
Broiled Asparagus
Bananas + Yogurt
Milk / Soy Milk

Wednesday

Beef Hot Dogs with buns
Vegetarian Baked Beans
Frozen Mango Slices
Milk / Soy Milk

Thursday

Cheeseburgers
Sweet Potato Fries
Garden Salad Mix
Milk / Soy Milk

Friday

Cheese Pizza
Spinach Salad
Frozen Blueberries
Milk / Soy Milk

- Milk, Soy Milk & water are served with Breakfast, Lunch & Snacks.
- Water is available throughout the day.
- **Menu Subject to Change without Notice**

Fall/Winter Lunch Menu

Lunch Menu #5

Monday

Parmesan Spaghetti
Cherry tomatoes + Cesar Salad
Fruit and Yogurt Mix
Milk / Soy Milk

Tuesday

Quinoa
Greek Salad
Blueberries
Milk / Soy Milk

Wednesday

Chicken & Rice Casserole
Sweet Carrots
Pineapple Chunks
Milk / Soy Milk

Thursday

Grilled Turkey Breast
Sweet Yams
Spinach Salad
Mandarin Oranges
Milk / Soy Milk

Friday

Ham & Potato Soup
Apples Slices with PB dip
Milk / Soy Milk

SNACKS

Snack choices are age-appropriate and one or a combination of the following:

Yogurt, fresh fruit, fruit cups, string cheese, cheese cubes, cereal bowls, sandwich crackers, graham crackers, assorted crackers, 'nilla wafers, Carob Cookies, assorted vegan breads, granola bars, Chex trail mix, pudding cups, and Jell-O.

On special occasions:

A snack treat may be assorted ice cream, fruit popsicles, chocolate milk or dessert cookies. Parents may also bring special birthday treats from home. *Please let your child's teacher know if any of these is not to be given to your child.*

Lunch Menu #6

Monday

Bean Burritos with Cheese
Jasmine Rice
Honeydew Melon
Milk / Soy Milk

Tuesday

Chicken Salad with No-Salt Saltines
Spring Salad
Pineapple Chunks
Milk / Soy Milk

Wednesday

Pasta Salad with Broccoli
Watermelon Pieces
Milk / Soy Milk

Thursday

Baked Sliced Ham
Mashed Potatoes
Fresh Spinach Salad
Blackberries
Milk / Soy Milk

Friday

Turkey & Cheese Roll-ups
Steamed Mixed Vegetables – Carrots, Broccoli, Squash, Cranberries
Sliced Strawberries
Milk / Soy Milk

- Milk, Soy Milk & water are served with Breakfast, Lunch & Snacks.
- Water is available throughout the day.
- **Menu Subject to Change without Notice**

Lunch Menu #7

Monday

Greek Salad
Sweet Potato Fries
Yogurt with Berries
Milk / Soy Milk

Tuesday

Tuna Salad with no-salt Saltines
Garden Vegetables
Ginger Peaches
Milk / Soy Milk

Wednesday

Pork Roast
Parmesan Polenta
Apples & Spinach Salad
Milk / Soy Milk

Thursday

Baked Fried Chicken
Southern-style Biscuits
Steamed Broccoli
Milk / Soy Milk

Friday

French Onion Soup with Cheese
Honey Ham & Biscuits
Watermelon Chunks
Milk / Soy Milk

SNACKS

Snack choices are age-appropriate and one or a combination of the following:

Yogurt, fresh fruit, fruit cups, string cheese, cheese cubes, cereal bowls, sandwich crackers, graham crackers, assorted crackers, 'nilla wafers, Carob Cookies, assorted vegan breads, granola bars, Chex trail mix, pudding cups, and Jell-O.

On special occasions:

A snack treat may be assorted ice cream, fruit popsicles, chocolate milk or dessert cookies. Parents may also bring special birthday treats from home. *Please let your child's teacher know if any of these is not to be given to your child.*

Lunch Menu #8

Monday

Black Bean Chili
Jasmine Rice
Peaches
Milk / Soy Milk

Tuesday

Ham Salad Sandwich
Potato Salad
Fruit Yogurt
Milk / Soy Milk

Wednesday

Meatloaf
Mashed Potatoes
Lima Beans
Milk / Soy Milk

Thursday

Baked Fried Chicken
Southern-Style Cheese Grits
Sliced Apples
Milk / Soy Milk

Friday

Cream of Broccoli Soup
Non-Salt Saltines
Blackberries
Milk / Soy Milk

- **Milk, Soy Milk & water are served with Breakfast, Lunch & Snacks.**
- **Water is available throughout the day.**
- **Menu Subject to Change without Notice**

Fall/Winter Lunch Menu