



Lunch Menu

Day	Week One	Week Two	Week Three
Monday	Sweet Potato Chili Garden Salad Pita Bread Fruit	Mac & Cheese with Tofu Vegetable Tray English Muffin Fruit	Mujaddarah (lentils/onion/rice dish) Vegetable Tray Fruit
Tuesday	Chicken Fingers Vegetarian: Tofu Nuggets Roasted potatoes Coleslaw Zucchini Bread	Cheesy Vegetable Egg Dish Garden Salad English Muffin Fruit	Bean and Cheese Quesadillas Salad Carrot Bread
Wednesday	Beef/Tomato Pasta Vegetarian: Tofu/Tomato Pasta Garden Salad Pita Bread Fruit	Beef/Gravy Vegetarian: Chickpea Salad Creamed Potatoes Corn Apple Sauce	Shepherds Pie Vegetarian: Veggie Shepherd's Pie Green Salad Fruit
Thursday	Butter Chicken Vegetarian: Butter Tofu Rice Mixed Vegetables Apple Sauce	Meatballs Vegetarian: Veggie Balls Couscous Vegetable Tray Banana Bread	Meat Lasagna Vegetarian: Veggie Lasagna with Tofu Caesar Salad Apple Sauce
Friday	Tuna Salad Pitas Vegetarian: Egg Salad Pitas Vegetable Tray Cookie	Turkey Lettuce Cheese Wraps Vegetarian: Hummus and Cucumber Wraps Vegetable Tray Cookie	Wow Butter and Jam Sandwiches on English Muffins Vegetable Tray Cookie

Apples, milk, and water served at every lunch





Snack Menu

Day	Week One	Week Two	Week Three
Monday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Yogurt Crackers	P.M. Cheese String Crackers Apples	P.M. Applesauce Crackers
Tuesday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Cheese String Pickles Triscuits	P.M. Vegetables Pita Hummus	P.M. Tortillas Salsa
Wednesday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Vegetables Pita Zesty Bean Dip	P.M. Salad Salad Dressing	P.M. Pita Cucumber Slices
Thursday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Fruit salad Crackers	P.M. Muffins Bananas	P.M. Yogurt Crackers
Friday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Oranges Crackers	P.M. Mixed Whole Fruit Goldfish Crackers	P.M. Oatmeal Bites Fruit Bowl

A.M. Snack served with milk or water

P.M. Snack served with water

*****Fruit is served at every snack*****

