



### Lunch Menu

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

\*\*\*Apples, milk, and water served at every lunch\*\*\*





### Snack Menu

Day	Week One	Week Two	Week Three
<b>Monday</b>	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar
	<b>P.M.</b> Yogurt Crackers	<b>P.M.</b> Cheese String Crackers Apples	<b>P.M.</b> Applesauce Crackers
<b>Tuesday</b>	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar
	<b>P.M.</b> Cheese String Pickles Triscuits	<b>P.M.</b> Vegetables Pita Hummus	<b>P.M.</b> Tostitos Salsa
<b>Wednesday</b>	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar
	<b>P.M.</b> Vegetables Pita Vanilla Yogurt Dip	<b>P.M.</b> Salad with Croutons Salad Dressing	<b>P.M.</b> Naan Cucumber Slices Tzatziki
<b>Thursday</b>	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar
	<b>P.M.</b> Fruit salad Crackers	<b>P.M.</b> Bananas Muffins	<b>P.M.</b> Yogurt Crackers
<b>Friday</b>	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar	<b>A.M.</b> Cereal/Nutrigrain Bar
	<b>P.M.</b> Oranges Crackers	<b>P.M.</b> Mixed Whole Fruit Oatmeal Bites	<b>P.M.</b> Mixed Whole Fruit Goldfish Crackers

**A.M. Snack served with milk or water.**

**P.M. Snack served with water.**

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

