



Lunch Menu

Day	Week One	Week Two	Week Three
Monday	Chicken Fingers Vegetarian: Tofu Nuggets Creamed Potatoes Coleslaw Fruit	Mac & Cheese with Tofu and Veggies Fruit	Mujaddarah (lentils/onion/rice dish) Vegetable Tray Fruit
Tuesday	Beef and Vegetable Chili Vegetarian: Vegetarian Chili Corn Bread Fruit	Bean & Cheese Quesadillas Coleslaw Fruit	Vegetable Quiche Garden Salad Fruit
Wednesday	Beef & Vegetable Pasta Vegetarian: Tofu & Vegetable Pasta Fruit	Beef & Vegetable Stew Vegetarian: Vegetable Stew Tea Biscuits Fruit	Shepherds Pie Vegetarian: Veggie Shepherd's Pie Fruit
Thursday	Butter Chicken Vegetarian: Butter Tofu Rice Mixed Vegetables Apple Sauce	Meatballs Vegetarian: Veggie Balls Couscous Vegetable Tray Apple Sauce	Meat Lasagna Vegetarian: Veggie Lasagna with Soy Caesar Salad with optional Croutons and Parmesan Cheese Apple Sauce
Friday	Wow Butter & Jam Sandwiches on Bread Vegetable Tray Fruit	Charcuterie Board Turkey Vegetarian: Hardboiled Egg Cheese Vegetables Crackers Fruit	French Toast Casserole Vegetable Tray Fruit Salad

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. Tostitos Salsa
Wednesday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Vegetables Pita Vanilla Yogurt Dip	P.M. Bananas Bear Paw Vegan Muffins	P.M. Pita Cucumber Slices Tzatziki
Thursday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Fruit salad Crackers	P.M. Salad with Croutons Salad Dressing	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 Oatmeal Bites	P.M. 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*****

