

Menu 1 for Fall 2022

WEEK	LUNCH	VEGETARIAN	BREAKFAST	P.M. SNACK
MON	Tuna & Egg Omelet w/ cucumber on WW bread Milk Fruit	Hummus Sandwich with cucumber Milk Fruit	Wholegrain Cheerios Milk	Yogurt & soda cracker Water
TUES	Chicken w/ Tomato sauce on Spaghetti Green Bean Milk Fruit	Mushroom in Tomato sauce on Spaghetti Green Bean Milk Fruit	Pancake with Maple Syrup Milk	Hard boil egg Arrow root cookie Water
WED	Pork w/ Cabbage Soup on Mac Milk Fruit	Lentil w/ Cabbage Soup On Mac Milk Fruit	WW bread w/ Scrambled Egg Milk	Eng Muffins with fruit spread Water
THURS	Stir Fry Beef w/Broccoli on Rice Milk Fruit	Stir Fry tofu w/Broccoli on Rice Milk Fruit	WW Bagel and Soy Butter Milk	Oatmeal Cookies & Celery Water
FRI	Grilled Cheese Sandwich w/ Pumpkin Soup Milk Fruit	Same as regular menu Milk Fruit	Oatmeal & Craisin Milk	Fish Crackers Fruit Water

Menu 2 for Fall 2022

WEEK	LUNCH	VEGETARIAN/ ALLERGIC	BREAKFAST	P.M. SNACK
MON	Tuna Casserole on Macaroni (Onion/Celery/Carrot) Milk Fruit	Lentil Casserole on Macaroni (Onion/Celery/Carrot) Milk Fruit	Wholegrain Cheerios Milk	Soda Crackers and apple sauce Water
TUES	BBQ Chicken w/ Broccoli on WW bread Milk Fruit	BBQ Tofu w/ Broccoli on WW bread Milk Fruit	Croissant Cheese slice Milk	Rice crackers with Soy butter Water
WED	Beef meatball on pasta in tomato sauce w/ Cucumber Milk Fruit	Kidney beans on pasta in tomato sauce w/ Cucumber Milk Fruit	Rice Noodle w/ Soy Butter Milk	Tzatziki spread and Naan bread Water
THURS	Pork w/ white sauce and green bean on Rice Milk Fruit	Sliced mushroom w/ white sauce and green bean on rice Milk Fruit	English Muffin w/ fruit spread Milk	Multigrain Cracker And Hummus Water
FRI	Tomato & egg on rice Milk Fruit	Same as regular menu Milk Fruit	Muffin Milk	Pita chips Fruit Water