

Menu 1 for Fall 2023

WEEK	BREAKFAST	LUNCH		P.M. SNACK
		REGULAR	VEGETARIAN / ALLERGIC	
MON	Wholegrain Cheerios Milk	Tuna & egg omelet w/ lettuce on WW bread Milk Fruit	Hummus sandwich w/ cucumbers Milk Fruit	Yogurt & soda crackers Water
TUES	Waffle w/ maple syrup Milk	Butter chicken on spaghetti w/ green beans Milk Fruit	Mushroom in butter sauce on spaghetti w/ green beans Milk Fruit	English muffin w/ fruit spread Water
WED	WW bread w/ scrambled egg Milk	Pork w/ cabbage soup on macaroni Milk Fruit	Lentils w/ cabbage soup on macaroni Milk Fruit	Rice crackers w/ fruit spread & carrots Water
THURS	WW Bagel w/ cheese slice Milk	Beef meatball w/ tomato sauce on spaghetti w/ cucumbers Milk Fruit	Kidney beans in tomato sauce on spaghetti w/ cucumbers Milk Fruit	Oatmeal cookies & celery Water
FRI	Oatmeal w/ raisins Milk	Tomato & egg on rice Milk Fruit	Same as regular menu Milk Fruit	Fish crackers & fruit Water

Menu 2 for Fall 2023

WEEK	BREAKFAST	LUNCH		P.M. SNACK
		REGULAR	VEGETARIAN / ALLERGIC	
MON	Wholegrain Cheerios Milk	Tuna salad w/ cucumbers on WW bread Milk Fruit	Hummus sandwich w/ cucumbers on WW bread Milk Fruit	Soda crackers & apple sauce Water
TUES	Croissants w/ cheese slice Milk	BBQ chicken w/ broccoli w/ roasted potatoes Milk Fruit	BBQ tofu w/ broccoli w/ roasted potatoes Milk Fruit	Pretzels w/ soy butter & carrots Water
WED	Bagels w/ soy butter Milk	Mexican-style minced beef on pasta in tomato sauce w/ lettuce Milk Fruit	Mexican-style kidney beans on pasta in tomato sauce w/ lettuce Milk Fruit	Naan bread w/ Tzatziki spread Water
THURS	Raisin bread & yogurt Milk	Pork w/ white sauce & green beans on rice Milk Fruit	Sliced mushroom w/ white sauce & green beans on rice Milk Fruit	Multigrain crackers w/ hummus Water
FRI	Muffin Milk	Veggie egg foo young on tortillas (onions / carrots / mushrooms) Milk Fruit	Same as regular menu Milk Fruit	Fish crackers & fruit Water