

# Winter - 2020 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
<b>Before School Snack</b>	<b>Cereal with Milk/Oatmeal / Seasonal Fresh Fruits / Whole Wheat Bread with Jam or Cheese / Milk</b>				
<b>Morning Snack</b>	<b>Apples / Bananas Pears / Crackers/ Pretzels / Cheese / Muffins baked at school / Milk</b>				
<b>First Week Lunch</b>	Chicken Noodle soup/ Bread Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Pasta in meat Sauce Fresh Garden Salad Seasonal Fresh Fruit Milk / Water	Egg Sandwich Fresh Steamed Vegetables Mix Seasonal Fresh Fruit Milk / Water	Lentil Soup w Rice Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken Croissant Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water
<b>Second Week Lunch</b>	Couscous w/ Chicken & Peas Seasonal Fresh Fruit Milk / Water	Chicken Quesadillas/ Cheese Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Grilled Cheese/ Mushroom Soup Fresh Garden Salad Seasonal Fresh Fruit Milk / Water	Fish Tacos Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Pasta in meat Sauce Fresh Garden Salad Seasonal Fresh Fruit Milk / Water
<b>Third Week Lunch</b>	Chicken/ Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Egg Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken Noodle soup/ Bread Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Fish Wraps Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Edamame Beans/Cheese Quesadillas Fresh Vegetables Seasonal Fresh Fruit Milk / Water
<b>Fourth Week Lunch</b>	Tuna Melt Fresh Garden Salad Seasonal Fresh Fruit Milk / Water	Alphabet Chicken Soup/Bread Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Fish Wraps Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Pasta in Mushroom Sauce Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken & Cheese Pizza Vegetables Seasonal Fresh Fruit Milk / Water
<b>Afternoon Snack</b>	<b>Chewy Bars/ Trail mix / Crackers / Cheese / Fruits / Milk</b>				
<b>After School Snack</b>	<b>Seasonal Fresh Fruit / Seasonal Fresh Vegetables / Crackers/Chewy Bars / Milk / Water</b>				

**Fresh Vegetables:** Carrots, Cucumber, Tomatoes, Potatoes, Corn, Sweet peas, Mixed Green Salad –Spinach- Avocado

**Fresh Fruits:** Apples, Pears, Bananas, Grapes, Oranges

**Bread:** Croissants, Dinner rolls, pita bread, loaf of bread (Whole Wheat)