

# Winter - 2021 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
<b>Morning Snack</b>	<b>Cereal with milk/ Fresh Fruits/Crackers/Pretzels/Cheese/Milk/Water</b>				
<b>First Week Lunch</b>	Cheese Pizza Seasonal Fresh Fruit Fresh Vegetables/Edamame beans /Milk	Chicken Noodle Soup Seasonal Fresh Fruit Fresh Vegetables Milk	Grilled Cheese Sandwich Seasonal Fresh Fruit Fresh Vegetables Milk	Mushroom Pasta Seasonal Fresh Fruit Fresh Vegetables Milk	Fish Wraps Seasonal Fresh Fruit Fresh Vegetables Milk
<b>Second Week Lunch</b>	Chicken Pilaf with Yogurt Seasonal Fresh Fruit Fresh Vegetables Milk	Egg Sandwich Seasonal Fresh Fruit Fresh Vegetables Milk	Lentil Soup/bread Seasonal Fresh Fruit Fresh Vegetables Milk	Tuna Sandwich Seasonal Fresh Fruit Fresh Vegetables Milk	Spaghetti in Meat Sauce Seasonal Fresh Fruit Fresh Vegetables Milk
<b>Third Week Lunch</b>	Mac & Cheese Seasonal Fresh Fruit Fresh Vegetables Milk	Vegetable Soup with Pasta Seasonal Fresh Fruit Black beans Salad Milk	Chicken Wraps Seasonal Fresh Fruit Fresh Vegetables Milk	Fish & Chips Seasonal Fresh Fruit Fresh Vegetables Milk	Oatmeal with Fruit Fresh Vegetables Milk
<b>Fourth Week Lunch</b>	Chicken Quinoa noodle soup Seasonal Fresh Fruit Fresh Vegetables Milk	Grilled Cheese Sandwich Seasonal Fresh Fruit Fresh Vegetables Milk	Egg Sandwich Seasonal Fresh Fruit Fresh Vegetables Milk	Rice W Lentils Seasonal Fresh Fruit Fresh Vegetables Milk	Butternut Squash Soup Seasonal Fresh Fruit Fresh Vegetables Milk
<b>Afternoon Snack</b>	<b>Chewy bars/Seasonal Fresh Fruits/Pita - Hummus/ Guacamole/Crackers/ Milk</b>				

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

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

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