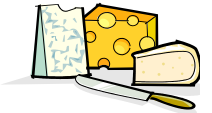


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# Summer 2022 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
<b>Morning Snack 9:30 -10:00 am</b>	<b>Apples / Bananas Pears / Crackers/ Rice crackers / Cheese / Pretzels/ Rice Cereals/ Muffins baked at school / Milk</b>				
<b>Lunch 12:00 – 12:30 pm</b>	Chicken & Grilled Cheese Sandwich Fresh vegetables Fresh Fruits Milk/Water	Fish Cheese Quesadillas Fresh vegetables Fresh Fruits Milk/Water	Mushroom Pasta/OR Rice & Lentils Fresh vegetables Fresh Fruits Milk/Water	Egg Sandwich Fresh vegetables Fresh Fruits Milk/Water	Cheese & Chicken Pizza Fresh vegetables Fresh Fruits Milk/Water
<b>Afternoon Snack 1:45 pm</b>	<b>Rice Crackers / Chewy Bars / Crackers / Cheese / Fruits / Milk / Popsicles made with organic fruit juice</b>				

**Fresh Vegetables:** Carrots, Cucumber, Celery, Broccoli, Bell Peppers, Tomatoes, Corn, Sweet peas

**Fresh Fruits:** Apples, Grapes, Pears, Bananas, Water Melon, Peaches.

**Bread:** Pita bread, Tortillas, Loaf of Bread, (whole wheat or multi grain), whole wheat English Muffins

☒ Children will also enjoy Fruit Popsicles prepared at school from organic fruit juices.

