


Summer Menu 2024

<u>WEEK I</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>That's Our Jam</i>	<i>Tunawich</i>	<i>Let's Have a Picnic</i>	<i>Break-FAST</i>	<i>Hummus Where the  Is</i>
Protein	Cream Cheese	Tuna	Tofurkey Slices	Meatless Breakfast Sausage	Hummus & String Cheese
Grains/Carbohydrate	Bagels w/apricot jelly	Ezekiel Bread	Macaroni Salad w/green onion, olives, & shredded carrots	Oatmeal Bar	Pita
Fruit/ Vegetable	Celery	Pickles	Blueberries	Stone Fruit	Olives
Fruit/ Vegetable	Honeydew	Tomatoes	Watermelon	Matchstick Carrots	Cucumbers

<u>WEEK II</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Chickadee Chickapea</i>	<i>Yogo Bananas</i>	<i>Egg-cellent Lunch</i>	<i>Cheesy-dillas</i>	<i>Aleph Happy Meal</i>
Protein	Garbanzo Beans	Yogurt	Hard Boiled Eggs	Pinto Beans & Cheese	Chicken-less Nuggets
Grains/Carbohydrate	Pasta w/ tomato basil	Granola	Sourdough Bread	Corn tortillas	Sweet Potato Fries w/ketchup
Fruit/ Vegetable	Spinach Salad w/raspberry vinaigrette	Bananas	Orange Slices	Guacamole	Corn on the Cobb
Fruit/ Vegetable	Pears	Berries	Avocado	Salsa	Pineapple

Protein Alternatives:
 Vegan Cream Cheese, Sunflower Butter, Hummus

*Each snack consists of one whole grain option or low fat option **PLUS...***

- Whole Grain Unsalted Rice Cakes
- Whole Grain Cheerios
- Whole Grain Pretzel Thins
- Veggie Straws
- Tortilla or Potato Chips
- Plantains

...each snack consists of one Fruit or Vegetable

- Apples, oranges, bananas, pears or other fresh fruit
- Cucumbers, baby carrots or other fresh vegetables
- Unsweetened Apple Sauce
- Unsweetened Raisins

And...

**oat milk is served occasionally with snack*

**If your child is allergic to any of the items on our menu, please tell the teacher and Ms. Laura right away!*