

# Winter 2022

B"H

<u>WEEK I</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Soup!</i>	<i>Taco Tuesday!</i>	<i>Breakfast for Lunch!</i>	<i>Tuna!</i>	<i>Vegan Friday!</i>
<b>Protein</b>	Minestrone Soup w/ beans and couscous	Black Beans	Egg Quiche w/ sautéed tri bell peppers and onion	Tuna Salad	Vegan sausage
<b>Grains/ Carbohydrate</b>	French bread or pretzel bites	Corn tortillas	Toast points	Bagels	Zucchini Bread
<b>Fruit/ Vegetable</b>	Cabbage & Carrots	Roasted Corn	Potato Wedges and ketchup	Sliced tomatoes & pickles	Roasted green beans
<b>Fruit/ Vegetable</b>	Celery & Tomatoes	Salsa, Lettuce, Guac.	Green Peas	Baby Peppers	Sliced Pears
<u>WEEK II</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Quinoa Bowl!</i>	<i>Chili Mac!</i>	<i>Asian!</i>	<i>N.Y. Style Pizza!</i>	<i>Pancakes!</i>
<b>Protein</b>	Quinoa & Kale	Kidney Beans	Chicken-less Mandarin Orange	Cheese	Sunflower Butter
<b>Grains/ Carbohydrate</b>	Roasted Sweet Potatoes	Elbow Macaroni	Brown Rice	Flat Bread	Whole Wheat Honey Baked Pancakes w/ Maple Syrup
<b>Fruit/ Vegetable</b>	Mandarin Oranges	Tomatoes	Roasted Broccoli	Olives	Bananas
<b>Fruit/ Vegetable</b>	Dried Cranberries	Spring Mix w/ Raspberry Vinaigrette	Pineapple	Cucumber w/ Ranch Dip	Mixed Berries

\* Due to COVID-19, items out of stock will be replaced with a comparable item.

<p><i>Each snack consists of one whole grain option or low fat option <b>PLUS</b>...</i></p> <ul style="list-style-type: none"> <li>• Whole Grain Unsalted Rice Cakes</li> <li>• Whole Grain Cheerios</li> <li>• Whole Wheat Pretzels</li> <li>• Whole Grain Pretzel Thins</li> <li>• Veggie Straws</li> <li>• Apple Straws</li> </ul>	<p><i>...each snack consists of one Fruit or Vegetable</i></p> <ul style="list-style-type: none"> <li>• Apples, oranges, bananas, pears or other fresh fruit</li> <li>• Cucumbers, baby carrots or other fresh vegetables</li> <li>• Unsweetened Apple Sauce</li> <li>• Unsweetened Raisins</li> </ul> <p><i>And....</i></p> <p>*students will also be offered oat milk</p>
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If your child is allergic to any of the items on our menu, please tell the teacher right away!