



Spring Menu 2024



B”H

<u>WEEK 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Mighty Bites</i>	<i>If You Give a Kid a Pancake. . .</i>	<i>Egg-cellent Lunch</i>	<i>Give ‘em something to TACO bout</i>	<i>Orange you glad it’s fried rice?</i>
Protein	Veggie Burger Bites	Dairy-free Yogurt	Egg Salad <i>w/mayo, celery & onion</i>	Tofu Taco Meat & Shredded Cheese	Chicken-less Nuggets <i>w/mandarin orange sauce</i>
Grains	Millet	Gluten Free Vanilla Baked Pancake <i>w/maple syrup</i>	Pita Bread	Soft Corn Tortillas	Brown Rice
Fruit/ Vegetable	Roasted Yam Sticks <i>w/ketchup</i>	Berries	Sliced Tomatoes	Roasted Corn	Carrots, Green Onions, & Broccoli
Fruit/ Vegetable	Orange Slices	Bananas	Pickles	Salsa	Pineapple

<u>WEEK 2</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Guac & Bowl!</i>	<i>Chickadee Chickapea</i>	<i>Kids who Brunch</i>	<i>Nothing fishy here!</i>	<i>It’s not easy bean cheesy!</i>
Protein	Pinto Beans	Roasted Chickpeas	Cinnamon Raisin Oatmeal	Garlic Herb Tilapia	Cheesy Bean Bake <i>w/ white beans</i>
Grains	Cilantro Rice	Pasta	Meat-less Breakfast Sausages	Quinoa	Orzo
Fruit/ Vegetable	Roasted Bell Peppers	Roasted Tomato Sauce	Sliced Pears	Roasted Green Beans	Green Salad <i>w/ Italian Dressing</i>
Fruit/ Vegetable	Guacamole	Roasted Zucchini	Raisins	Cranberry Sauce	Olives

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

- Whole Grain Unsalted Rice Cakes
- Whole Grain Cheerios
- Whole Wheat Pretzels
- Whole Grain Pretzel Thins
- Veggie Straws
- Apple Straws

...each snack consists of one Fruit or Vegetable

- Apples, oranges, bananas, pears or other fresh fruit
- Unsweetened Apple Sauce
- Unsweetened Raisins

And...

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