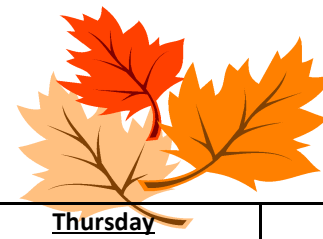


# Fall Menu 2025



B"H

WEEK 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>CHILLY Mac</i>	<i>Baked Eggs &amp; Lotsa Latkes</i>	<i>Gobble, Gobble</i>	<i>Beanie Mini-strone</i>	<i>Green EnCHILLadas</i>
<b>Protein</b>	Pinto Beans	Baked Herbed Eggs	Tofurkey Slices	White Beans	Cheese w/ <i>spinach</i>
<b>Grains</b>	Elbow Noodles	Latkes	Pumpkin Bread	Sourdough	Corn Tortillas
<b>Fruit/ Vegetable</b>	Crushed Tomatoes	Peas	Cranberry Sauce	Carrots, Cabbage, Onion, Zucchini	Roasted Corn
<b>Fruit/ Vegetable</b>	Green Salad w/onion vinaigrette	Applesauce	Garlicky Green Beans	Green Apple Slices	Olives

WEEK 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Super Power Bowls</i>	<i>Pizza Fish</i>	<i>Aloha Teriyaki</i>	<i>If You Give a Kid a Pancake</i>	<i>Deconstructed Brrrrr-itos</i>
<b>Protein</b>	Chickpeas	Tilapia w/crushed tomatoes	Tofu w/teriyaki sauce	Meat-less Breakfast Sausage	Black Beans
<b>Grains</b>	Quinoa	Garlic Flatbread	Brown Rice	Whole Wheat Pancakes w/maple syrup	Cilantro Rice
<b>Fruit/ Vegetable</b>	Craisins	Zucchini	Broccoli	Berries	Avocado Mash
<b>Fruit/ Vegetable</b>	Butternut Squash & Kale	Tri-colored Bell Peppers	Cuties	Bananas	Salsa

## Menu Dates

**October 13, 2025 -**

**December 19, 2025**



Each snack consists of **one whole grain**

...each snack consists of one Fruit

- Unsalted Rice Cakes
- Cheerios
- Pretzel Thins
- Veggie Straws and/or Apple Straws
- Tortilla Chips

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

**And...**

\* Oat milk may also be served at snack time

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