



Summer Menu 2022



<u>WEEK I</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Italian Sub!</i>	<i>Parfait!</i>	<i>Tuna!</i>	<i>Mexican!</i>	<i>Israeli!</i>
Protein	Veggie Sausage	Yogurt	Tuna	Black Beans	Hummus
Grains/Carbohydrate	Buns	Granola	Multigrain Bread Potato Chips	Soft Corn Tortillas	Pita or Flatbread or Pretzel Bites
Fruit/ Vegetable	Tri Color Bell Peppers and Onion Sauteed	Peaches	Pickles	Shredded Cabbage	Olives and Cucumbers
Fruit/ Vegetable	Corn on the Cob	Dried Blueberries	Tomatoes	Salsa and Guacamole	Sliced Green Apples

<u>WEEK II</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Pasta Salad!</i>	<i>Bagels!</i>	<i>Burgers!</i>	<i>Picnic!</i>	<i>Italian!</i>
Protein	Kidney Beans	Tofurkey Slices	Veggie Burgers and Ketchup	Sunflower Butter and Jelly Sandwiches	Roasted Chickpeas
Grains/Carbohydrate	Pasta	Bagels and Cream Cheese	Buns	Multigrain Bread	Flatbread w/Olive Oil
Fruit/ Vegetable	Olives, Broccoli, Green Onions	Green Salad w/ Italian	Baked Beans	Celery sticks w/ Ranch Dip	Sliced Beets
Fruit/ Vegetable	Mandarin Oranges	Carrot Chips	Watermelon	Pears	Spinach Salad w/ Rasp- berry Vinaigrette

Protein Alternatives:
Vegan Cream Cheese, Sunflower Butter, Hummus

Each snack consists of one whole grain

- 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!*