



Back to School Menu 2024

B"H

WEEK 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Beany Zucchini</i>	<i>Teriyaki Yum</i>	<i>Cheesy-dillas</i>	<i>Egg Saladwich</i>	<i>Shmear & Jam</i>
Protein	White Beans	Tofu w/teriyaki sauce	Cheese & Pinto Beans	Egg Salad w/red onion & celery	Cream Cheese & Jam
Grains	Pasta w/marinara sauce	Brown Rice	Corn Tortillas	Ezekiel Bread	Raisin Cinnamon Bagels
Fruit/ Vegetable	Green Salad w/Italian Dressing	Mixed veggies	Guacamole	Tomato Slices	Honeydew
Fruit/ Vegetable	Roasted Zucchini	Mandarin Oranges	Salsa	Pickles	Sweet Peppers

WEEK 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Break-FAST</i>	<i>Veggie Burger Bites</i>	<i>Picnic Aleph</i>	<i>Fajita Bowl</i>	<i>Hummus Is Where The Heart Is</i>
Protein	Meatless Breakfast Sausage	Veggie Burgers	Tofurkey Slices	Black Beans	Hummus & string cheese
Grains	Oatmeal Bars w/sunny butter dip	Sweet Potato Fries w/ketchup	Macaroni Salad w/olives, green onions, celery	White Rice w/cilantro	Pita
Fruit/ Vegetable	Pears	Corn	Watermelon	Roasted Bell Peppers	Cucumber
Fruit/ Vegetable	Spinach Salad w/raspberry vinaigrette dressing	Stone Fruit	Carrot Sticks	Pico de Gallo	Olives

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

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

...each snack consists of one Fruit

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

* 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!*