



# Winter Menu 2026

B'H

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Can't forgetti the spaghetti!</i>	<i>It's getting a lil CHILI!</i>	<i>Terrific Tuna</i>	<i>Kids Who Brunch</i>	<i>Teeny Ditalini &amp; Zucchini</i>
Protein	Beef-less Crumble	Pinto Bean Chili	Tuna	Egg Frittata w/tomato & onion	Mozzarella Cheese
Grains	Whole Wheat Spaghetti	Cornbread	Ezekiel Bread	Latkas	Ditalini
Fruit/ Vegetable	Roasted Carrots	w/ corn, zucchini & onion	Sweet Potato Cubes w/ketchup	Avocado	Roasted Zucchini
Fruit/ Vegetable	Broccoli	Winter Slaw	Pickles	Orange Slices	Olives

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Beanie Mini-Strone</i>	<i>Hummus Where the Heart Is</i>	<i>If You Give A Kid A Pancake....</i>	<i>O'FISHally Taco Time!</i>	<i>It's Not Easy Bean Cheesy!</i>
Protein	Great Northern Beans	Sheet Pan Falafel	Meat-less Breakfast Sausage	Tilapia	Cannellini Beans & Cheese
Grains	Sourdough Bread	Pita	Whole Wheat & Honey Pancakes	Cilantro Brown Rice & Corn Tortillas	Orzo
Fruit/ Vegetable	w/ cabbage, onions, zucchini & carrots	Roasted Green Beans	Warm Cinnamon Apples	Roasted Corn	Spinach Salad w/onion vinaigrette
Fruit/ Vegetable	Pears	Hummus	Bananas	Pico de Gallo	Shredded Carrots

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!

## Menu Dates

January 1, 2026 -  
March 13, 2026