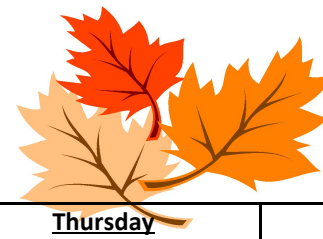


# Fall Menu 2024



B"H

| WEEK 1                  | <u>Monday</u>                            | <u>Tuesday</u>                       | <u>Wednesday</u>      | <u>Thursday</u>                        | <u>Friday</u>                |
|-------------------------|--|--------------------------------------|-----------------------|--|------------------------------|
|                         | <i>Cloudy with a Chance of Meatballs</i> | <i>Green Eggs &amp; Lotsa Latkes</i> | <i>Gobble, Gobble</i> | <i>Orange You Glad it's Nuggets</i>    | <i>Green EnCHILLadas</i>     |
| <b>Protein</b>          | Meat-less Meatballs                      | Eggs                                 | Tofurkey Slices       | Chicken-less Nuggets w/ mandarin sauce | Pinto Beans & Cheese         |
| <b>Grains</b>           | Whole Wheat Spaghetti w/marinara sauce   | Latkes                               | Pumpkin Bread         | Brown Rice                             | Corn Tortillas               |
| <b>Fruit/ Vegetable</b> | Tri-Color Bell Peppers                   | Spinach & Onion                      | Cranberry Sauce       | Peas                                   | Roasted Corn                 |
| <b>Fruit/ Vegetable</b> | Roasted Zucchini                         | Applesauce                           | Roasted Green Beans   | Carrots                                | Olives                       |
| WEEK 2                  | <u>Monday</u>                            | <u>Tuesday</u>                       | <u>Wednesday</u>      | <u>Thursday</u>                        | <u>Friday</u>                |
|                         | <i>Super Power Bowls</i>                 | <i>If You Give a Kid a Pancake</i>   | <i>Taste of Italy</i> | <i>Give'em Something to TACO About</i> | <i>Tunawich</i>              |
| <b>Protein</b>          | Chickpeas                                | Meat-less Breakfast Sausage          | White Beans           | Black Beans & Feta                     | Tuna                         |
| <b>Grains</b>           | Quinoa                                   | Gluten-Free Pancakes w/maple syrup   | Baked Polenta         | Taco Shells                            | Sourdough Bread              |
| <b>Fruit/ Vegetable</b> | Kale                                     | Berries                              | Tomato Basil Sauce    | Salsa                                  | Pickles                      |
| <b>Fruit/ Vegetable</b> | Butternut Squash                         | Bananas                              | Roasted Broccoli      | Shredded Romaine                       | Sweet Potato Fries w/ketchup |

## Menu Dates

**October 28, 2024 -**

**December 20, 2024**



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!*