



Back to School Menu 2023

B"H

WEEK 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Cowboy BBQ</i>	<i>Mandarin Yum</i>	<i>Cheesy-dillas</i>	<i>Tunawich</i>	<i>Shmear & Jam</i>
Protein	Chicken-less Nuggets w/ BBQ sauce	Tofu w/mandarin sauce	Cheese & Black Beans	Tuna	Cream Cheese & jam
Grains	Sweet Potato Fries	Brown Rice	Corn Tortillas	Ezekiel Bread	Raisin Cinnamon Bagels
Fruit/ Vegetable	Corn on the Cob	Mixed veggies	Guacamole	Tomato Slices	Stone Fruit
Fruit/ Vegetable	Baked Beans	Cuties	Pico de gallo	Pickles	Celery Sticks

WEEK 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Green Eggs & Tots</i>	<i>Beany Zucchini</i>	<i>Avocado Toast</i>	<i>Flatbread Fingers</i>	<i>Picnic Aleph</i>
Protein	Eggs	White Beans	Veggie Sausage	Sunflower Butter	Tofurkey Slices
Grains	Tater tots w/ ketchup	Pasta	Sourdough Toast	Flatbread w/ cinnamon sugar	Macaroni Salad w/olives, green onions, celery
Fruit/ Vegetable	Spinach	Roasted Zucchini	Avocado	Banana	Watermelon
Fruit/ Vegetable	Melon	Green Salad w/ Italian dressing	Carrot Slices	Green Apples	Blueberries

Protein Alternatives:

Vegan Cream Cheese,
Sunflower Butter,
Hummus

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

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!*