



Back to School Menu 2025

B"H

WEEK 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Give'em Something to Taco About</i>	<i>Aloha Teriyaki</i>	<i>Hummus Where the Heart Is</i>	<i>Egg-cellent Lunch</i>	<i>Bagels & Shmear</i>
Protein	Black Beans w/ Israeli Feta	Tofu w/teriyaki sauce	Hummus & Falafel	Egg Salad w/ green onions & celery	Cream Cheese
Grains	Corn Tortilla Chips	Brown Rice	Garlic Roasted Flatbread	Ezekiel Tortillas	Bagels
Fruit/ Vegetable	Shredded Lettuce	Roasted Broccoli	Olives	Spinach Salad w/ raspberry vinaigrette	Stone Fruit
Fruit/ Vegetable	Salsa	Pineapple	Cucumbers	Berries	Celery

WEEK 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>That's Our Jam Sammies</i>	<i>Cloudy with a Chance of Meatballs</i>	<i>Terrific Tuna</i>	<i>Let's Have a Picnic</i>	<i>Cheesy-dillas</i>
Protein	Sunflower Butter w/ jam	Meat-less Meatballs w/marinara sauce	Tuna w/ celery	Tofurkey Slices	Cheese and Pinto Beans
Grains	Ezekiel Bread	Pizza Crust	Sweet Potato Cubes w/ ketchup	Macaroni Salad w/ green olives & carrots	Corn Tortillas
Fruit/ Vegetable	Matchstick Carrots	Bell Peppers	Tomato	Melon	Guacamole
Fruit/ Vegetable	Pears	Green Salad w/Italian dressing	Pickles	Green Beans	Corn

Back to School Menu

Dates:

August 14-

October 17

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

- Unsalted Rice Cakes
 - Whole Grain Cheerios
 - Whole Grain Pretzel Thins
 - Veggie Straws and/or Apple Straws
 - Tortilla Chips or Potato Chips
 - Plantains
 - Apples, oranges, bananas, pears or other fresh fruit
 - Cucumbers, baby carrots or other fresh vegetables
 - Unsweetened Apple Sauce
 - Unsweetened Raisins or Craisins
- * 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 or office right away!*