



# Spring 2023



WEEK 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Pebbles on the Beach</i>	<i>Yum, Yum Fried Rice</i>	<i>Cheesy-dillas</i>	<i>Tunawich</i>	<i>Polenta Pie</i>
<b>Protein</b>	Tofurkey	Eggs	Cheese & Pinto Beans	Tuna	Meat Sauce
<b>Grains</b>	Pasta Shells	Brown Rice	Corn Tortillas	Toasted Bagels	Polenta
<b>Fruit/ Vegetable</b>	Peas	Peas & Carrots	Guacamole	Tomato Slices	Spinach Salad with Raspberry Vinaigrette
<b>Fruit/ Vegetable</b>	Peaches	Roasted Green Beans	Salsa	Pickles	Roasted Carrots
WEEK 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Rainbow Ramen</i>	<i>Wish for a Fish</i>	<i>Hoagies</i>	<i>Berry Pancakes</i>	<i>Flatbread Spread</i>
<b>Protein</b>	Tofu Teriyaki	Tilapia	Veggie Sausage	Sunflower Butter	Hummus & Feta
<b>Grains</b>	Ramen Noodles	Israeli Couscous	Buns	Pancakes	Flatbread
<b>Fruit/ Vegetable</b>	Shredded Carrots & Shredded Cabbage	Mixed Veggies	Green Salad with Italian Dressing	Tri -Berries	Cucumbers
<b>Fruit/ Vegetable</b>	Mandarin Oranges	Pears	Roasted Tri -Color Bell Peppers	Bananas	Olive Tapenade

Protein Alternatives:  
Vegan Cream Cheese, Sunflower Butter

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

*And...*

*\*If your child is allergic to any of the items on our menu, please tell the teacher right away!*