

School Year Menu – Week #4

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	<p>Cereal with milk (Crispix and Cheerios)</p> <p>Blueberries</p> <p>Milk and water</p>	<p>Plain yogurt with honey and bran cereal topping</p> <p>Bananas</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Honeydew chunks</p> <p>Milk and water</p>	<p>Toast (whole grain bread) with pea butter and apple butter spreads</p> <p>Granny Smith apples</p> <p>Milk and water</p>	<p>Hot cereal with milk (cooked oats)</p> <p>Strawberries</p> <p>Milk and water</p>
Lunch	<p>Chicken stir fry with zucchini, asparagus and orange peppers</p> <p>Basmati rice</p> <p>Steamed broccoli</p> <p>Milk and water</p>	<p>Baked elbow macaroni and cheese with homemade cheese and tofu sauce</p> <p>Garden mix salad with romaine hearts, red onions, cucumbers and homemade ranch dressing</p> <p>Milk and water</p>	<p>Chicken souvlaki on whole wheat pita pockets with shredded lettuce, tomato slices and tzatziki spread</p> <p>Mediterranean chick pea salad with cucumbers, cherry tomatoes, black olives and homemade vinaigrette dressing</p> <p>Milk and water</p>	<p>Red lentil soup</p> <p>Egg and tuna sandwiches on whole wheat bread</p> <p>Baby carrots</p> <p>Milk and water</p>	<p>Steak fajitas on whole wheat tortilla flats with shredded cheddar cheese, sour cream, sautéed onions and peppers (red, yellow, orange and green bell peppers)</p> <p>Steamed green and y yellow beans</p> <p>Milk and water</p>
P.M. Snack	<p>Rice cakes with pea butter and apple butter spreads and celery sticks</p> <p>Gala apples</p> <p>Milk and water</p>	<p>Homemade strawberry and banana swirl loaf</p> <p>Oranges</p> <p>Milk and water</p>	<p>Whole wheat tortilla flats with cream cheese spread and sliced cucumbers</p> <p>Bartlett pears</p> <p>Milk and water</p>	<p>Baked vegetable samosas with sour cream</p> <p>Kiwi</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Golden delicious apples</p> <p>Milk and water</p>
2nd P.M. Snack	<p>Gala apples</p> <p>Milk and water</p>	<p>Oranges</p> <p>Milk and water</p>	<p>Bartlett pears</p> <p>Milk and water</p>	<p>Kiwi</p> <p>Milk and water</p>	<p>Golden delicious apples</p> <p>Milk and water</p>