

SPRING - SUMMER Menu (April 25 - August 23, 2022)

Week		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4/25/2022 5/23/2022 6/20/2022 - CLOSED Juneteenth 7/18/2022 8/22/2022	4/26/2022 5/24/2022 6/21/2022 7/19/2022 8/23/2022	4/27/2022 5/25/2022 6/22/2022 7/20/2022	4/28/2022 5/26/2022 6/23/2022 7/21/2022 8/24/2022 - 8/26/2022 - CLOSED Professional Development Days	4/29/2022 5/27/2022 - EARLY CLOSING Professional Development Afternoon 6/24/2022 7/22/2022
MORNING SNACK		Rice Krispies Cereal Honeydew Melon	Muffin, Zucchini *EMSW Strawberries Plain, Vanilla or Strawberry Yogurt *M	Egg White & Spinach Frittatas *EMSW Clementine	Oatmeal *W Banana Plain, Vanilla or Strawberry Yogurt *M	Grain Berry Bran Flakes *W Mixed Berries
LUNCH		Chicken Whole Wheat Pasta Alfredo with Garden Vegetable, Sauce on side *EMSW Cauliflower Alfredo and Whole Wheat Pasta *WV	Chicken Quesadilla, on side salsa *MSW Black Bean and Zucchini Quesadilla with Cheese *MWV	Mediterranean Whole Wheat Flatbread *MSWV Garden Salad, Cucumbers, Tomato, Italian Dressing on side *S	Baked Tilapia, Lemon *FS Chickpea, Quinoa, Vegetable Patty/Cake *SWV Carrots, Roasted	Turkey Salad Sandwich, WW Bread *ESW Mashed Chickpea Salad Sandwich *SWV
SIDE		Peas, Carrots	Broccoli, steamed			Soup, Hearty Lentil Minestrone Soup *W
DESSERT		Orange Slices	Rice, Spanish with black beans Papaya	Pears, slices	Rice, Brown Apple Slices	Watermelon
AFTERNOON SNACK		Apple Slices Cottage Cheese *M	Fruit Salad Cucumber, Tzatziki *M	Honeydew Melon Hummus, Pita *W	Cantaloupe Cheddar Cheese *M	Smoothie, Strawberry *M Carrot Sticks, Ranch *EMS
Week		2 6 10 14	5/2/2022 5/30/2022 - CLOSED Memorial Day 6/27/2022 7/25/2022	5/3/2022 5/31/2022 6/28/2022 7/26/2022	5/4/2022 6/1/2022 6/29/2022 7/27/2022	5/5/2022 6/2/2022 6/30/2022 7/28/2022
MORNING SNACK		Kashi Heart to Heart *W Pears, slices	Muffin, Carrot *EMSW Apple Slices Plain, Vanilla or Strawberry Yogurt *M	English Muffin, Butter & No-Added Sugar Jam *MSW Mixed Berries	Oatmeal, Cinnamon *W Strawberries Plain, Vanilla or Strawberry Yogurt *M	Rice Krispies Cereal Cantaloupe
LUNCH		Pasta with Ground Turkey, Tomato Sauce & Mozzarella Cheese *MW Baked WW Pasta, Tomato Sauce, Mozzarella Cheese *MWV	Chicken Enchilada *MW Black Bean, Chipotle Cauliflower, Avocado on Side with Corn Tortilla *WV	Tofu Vegetable Lo Mein *SWV	Fish Taco with Tomatoes, Lime and Cilantro with Corn Tortilla *F Vegetable Taco, Pico, Crema, WW Wrap *MSWV	No-Nut Pesto Chicken, Spinach, Reduced Fat Swiss Panini *MSW Grilled Eggplant Parmesan Panini *MSWV
SIDE		Garden Salad, Cucumbers, Tomato, Italian Dressing on side *S	Peas, Carrots	Green Beans, steamed	Sugar Snap Peas	Soup, Garden Vegetable Rice *MS
DESSERT		Apple Slices	Clementine	Carrots, Roasted Banana	Black Beans & Rice Mixed Berries	Orange, slices
AFTERNOON SNACK		Orange Slices String Cheese *M	Apple Sauce Cheddar Cheese *M	Apple Slices Hummus, Pita *W	Honeydew Melon Carrot Sticks, Black Bean Dip *V	Smoothie, Banana *M Rice Crackers
Week		3 7 11 15	5/9/2022 6/6/2022 7/4/2022 - CLOSED Independence Day 8/1/2022	5/10/2022 6/7/2022 7/5/2022 8/2/2022	5/11/2022 6/8/2022 7/6/2022 8/3/2022	5/12/2022 6/9/2022 7/7/2022 8/4/2022
MORNING SNACK		Chex Cereal Kiwi	Muffin, Blueberry *WEMS Apple Slices Plain, Vanilla or Strawberry Yogurt *M	Broccoli & Cheddar Frittata *EMS Banana	Oatmeal *W Strawberries Plain, Vanilla or Strawberry Yogurt *M	Kashi Go Lean Cereal *WS Orange, slices
LUNCH		Baked Chicken Parmesan *EMSW Whole Wheat Penne Pasta Bowl, Cauliflower, Cannelini Beans *MW	Roasted Turkey, on side Gravy *W Roasted Tofu Strips *SV	Curried Chickpeas & Potatoes *V	Salmon Cake *FSW Maple Balsamic Tofu *SV	Grilled Cheese Sandwich, Whole Wheat Bread *MWV
SIDE		Caesar Salad, dressing on the side *EMS	Potatoes, mashed Cauliflower, Roasted	Spinach, sauteed Rice, Basmati	Cous Cous *W Broccoli, Roasted	Soup, Creamy Tomato *MW
DESSERT		Honeydew Melon	Banana	Honeydew Melon	Pears, slices	Broccoli, Carrots Pears, slices
AFTERNOON SNACK		Cantaloupe Animal Crackers *WS	Graham Crackers *WS Cream Cheese *M	Apple Slices Cottage Cheese *M	Banana Pretzels *SW	Smoothie, Strawberry *M Carrot Sticks, Ranch *EMS
Week		4 8 12 16	5/16/2022 6/13/2022 7/11/2022 8/15/2022	5/17/2022 6/14/2022 7/12/2022 8/16/2022	5/18/2022 6/15/2022 7/13/2022 8/17/2022	5/19/2022 6/16/2022 7/14/2022 8/18/2022
MORNING SNACK		Rice Krispies Cereal Pears, slices	Raisin Bran Mini Muffin *ESW Apple Slices Plain, Vanilla or Strawberry Yogurt *M	Whole Wheat Pancakes w syrup on side *EMW Mixed Berries	Oatmeal, Cinnamon *W Mango, slices Plain, Vanilla or Strawberry Yogurt *M	Corn Flakes *S Strawberries
LUNCH		Baked WW Pasta, Chicken, Tomato Sauce, Mozzarella Cheese *MW WW Pasta Primavera *WV	Chicken & Broccoli Stir-Fry *WS Creamy Lentil & Bean Dal *MV	Black Bean and Veggie Taco Bowl *WV	Baked Fish, Herbs & Lemon *F Lentil Loaf, on side Gravy *WSV	Ranch Chicken, Avocado, Tomato, WW Wrap *EMSW Whole wheat Wrap, Balsamic Glazed Veggies, Swiss *MSWV
SIDE		Broccoli, steamed	Carrots, Roasted	Tomato Cucumber Salad	Garden Salad, Cucumbers, Tomato, Ranch Dressing on side *EMS	Soup, Hearty Lentil Minestrone Soup *W
DESSERT		Grilled Tofu *SV Cantaloupe	Rice, Brown Tangerine	Corn, steamed kernels Banana	Rice, Basmati Orange Slices	Apple Slices
AFTERNOON SNACK		Strawberries Whole Wheat Crackers, Cheese *MSW	Honeydew Melon String Cheese *M	Pears, slices Hummus, Pita *W	Cantaloupe Rice Crackers	Smoothie, Banana Mango *M Triscuit *SW

Organic non-FBGH 1% or Whole Milk with Vit D = served at every meal
 Since November 2015, all our cheeses, yogurt, milk offered and used in recipes are organic.
 The following fresh fruits offered on the menu are also organic: Apple, Pears, Peaches, and Strawberries.

Allergen Abbreviations
 * M = Milk * E = Eggs * S = Soy Products * W = Wheat Products
 * SF = Shellfish * N = Nuts * F = Fish Products * V = Vegetarian Entrée

Packed Lunch - When a class goes on a field trip, we will offer this packed lunch.
 Class Field Trip Bagged Lunches (24 hour notice required)
 Turkey or Veg Sandwich on Whole Wheat Bread or Wrap
 Chips, Whole Fruit, Cookie, Bottled Water
 Snacks to include: Granola Bars/Fruit Cup