

Winter Spring Menu (January 8 - May 10, 2024)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	1/8/2024	1/9/2024	1/10/2024	1/11/2024	1/12/2024
5	2/5/2024	2/6/2024	2/7/2024	2/8/2024	2/9/2024
9	3/4/2024	3/5/2024	3/6/2024	3/7/2024	3/8/2024
13	4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
17	4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
MORNING SNACK	Rice Krispies Cereal Fruit Salad	Muffin, Zucchini *EMSW Strawberries Plain or Fruit Yogurt *M	Egg White & Spinach Frittatas *EMSW Banana	Oatmeal, Cinnamon *W Apple Slices Plain or Fruit Yogurt *M	Grain Berry Bran Flakes *W Pears, slices
LUNCH	Chicken WW Pasta Alfredo with Garden Vegetable, Sauce on side *EMSW WW Pasta Alfredo w/ Garden Vegetable, Sauce on side *EMSWV	Chicken Curry *M Creamy Cauliflower Curry *MV	Mac & Cheese w Tomatoes & Broccoli *MSWV Garden Salad, Cucumbers, Tomato, Italian Dressing on side *S	Fish Taco with Tomatoes, Lime and Cilantro with Corn Tortilla *F Soft Shell Vegetable Tacos, Shredded Cheese with whole wheat tortilla *MWV	Turkey Salad Sandwich, WW Bread *ESW Roasted Vegetable Sandwich, Cheese, Whole Wheat Bread *MWV
SIDE	Broccoli, steamed	Rice, Jasmine		Black Beans and Rice	Soup, Broccoli & Cheese *MSW
DESSERT	Orange Slices	Nectarine	Pears, slices	Orange Slices	Banana
AFTERNOON SNACK	Pears, slices Cucumber, Tzatziki *M	Apple Slices Cottage Cheese *M	Honeydew Melon Hummus, Pita *W	Fruit Salad Cheddar Cheese *M	Smoothie, Strawberry *M Carrot Sticks, Ranch *EMS
Week 2	1/15/2024 - MLK Day CLOSED	1/16/2024	1/17/2024	1/18/2024	1/19/2024
6	2/12/2024	2/13/2024	2/14/2024	2/15/2024	2/16/2024 - closing at 1pm
10	3/11/2024	3/12/2024	3/13/2024	3/14/2024	3/15/2024
14	4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
18	5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024
MORNING SNACK	Kashi Heart to Heart *W Tangerine	Muffin, Carrot *EMSW Apple Slices Plain or Fruit Yogurt *M	Whole Grain French Toast, syrup on side *EMW Fruit Salad	Oatmeal, Cinnamon *W Strawberries Plain or Fruit Yogurt *M	Rice Krispies Cereal Apple Sauce
LUNCH	Pasta with Ground Turkey, Tomato Sauce & Mozzarella Cheese *MW WW Pasta with Roasted Vegetable Marinara *MSW	Chicken, Spinach, and Corn Quesadilla, on side salsa *MSW Cheese and Bean Enchilada *MWV	Quinoa Cake with Green Sauce on Side *MWV	Salmon Cake *FSW Chickpea Meatloaf *SWV	Turkey Burger *SW Grilled Veggie Burgers, WW Buns *WSV
SIDE	Caesar Salad, dressing on the side *EMS	Broccoli, Carrots	Greek Salad w Feta Cheese *M	Sweet Potatoes, Mashed	Soup, Garden Vegetable Rice *MS
DESSERT	Apple Slices	Rice, Spanish Honeydew Melon	Corn, steamed kernels Orange, slices	Green Beans, Steamed Clementine	Orange, slices
AFTERNOON SNACK	Pears, slices String Cheese *M	Apple Sauce Graham Crackers *WS	Honeydew Melon Hummus, Pita *W	Pears, slices Carrot Sticks, Black Bean Dip *V	Smoothie, Banana *M Rice Crackers
Week 3	1/22/2024 2/19/2024 - President's Day CLOSED	1/23/2024	1/24/2024	1/25/2024	1/26/2024
7	3/18/2024	2/20/2024	2/21/2024	2/22/2024	2/23/2024
11	4/15/2024	3/19/2024	3/20/2024	3/21/2024	3/22/2024
15		4/16/2024	4/17/2024	4/18/2024	4/19/2024
MORNING SNACK	Corn Flakes *S Orange, slices	Muffin, Blueberry *WEMS Strawberries Plain or Fruit Yogurt *M	Broccoli & Cheddar Frittata *EMS Tangerine	Oatmeal *W Banana Plain or Fruit Yogurt *M	Kashi Go Lean Cereal *WS Apple Sauce
LUNCH	Baked Chicken Parmesan, WW Pasta on side *EMSW	Teriyaki Chicken Breast *WS Tofu, Roasted in Teriyaki Sauce *SV	Curried Chickpeas & Potatoes *V	Grilled Salmon *F BBQ Tofu and Vegetable Medley *SV	Grilled Cheese Sandwich, Whole Wheat Bread *MWV Soup, Creamy Tomato *MW
SIDE	Eggplant Parmesan *MWV Caesar Salad, dressing on the side *EMS	Green Beans, Steamed	Spinach, sauteed	Peas, Carrots	Soup, Creamy Tomato *MW
DESSERT	Honeydew Melon	Rice, Jasmine Orange Slices	Rice, Basmati Honeydew Melon	Broccoli, Roasted Fruit Salad	Broccoli, Carrots Pears, slices
AFTERNOON SNACK	Fruit Salad Animal Crackers *WS	Apple Slices Cream Cheese *M	Apple Slices Cottage Cheese *M	Pears, slices Pretzels *SW	Smoothie, Strawberry *M Carrot Sticks, Ranch *EMS
Week 4	1/29/2024	1/30/2024	1/31/2024	2/1/2024	2/2/2024
8	2/26/2024	2/27/2024	2/28/2024	2/29/2024	3/1/2024
12	3/25/2024	3/26/2024	3/27/2024	3/28/2024	3/29/2024
16	4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
MORNING SNACK	Rice Krispies Cereal Pears, slices	Raisin Bran Mini Muffin *ESW Fruit Salad Plain or Fruit Yogurt *M	WW Pancakes w syrup on side *EMW Orange, slices	Oatmeal, Cinnamon *W Pears, slices Plain or Fruit Yogurt *M	Kashi Heart to Heart *W Fruit Salad
LUNCH	Ground Turkey Meatloaf with Tomato Sauce *W Chickpea Meatloaf *SWV	Sweet and Sour Chicken *SW Sweet and Sour Tofu *SWV	Quinoa Cake with Green Sauce on Side *MWV	Baked White Fish and Cheesy Crumb Topping *FMSW Italian Vegetable Bake *MV	Grilled Chicken Parmesan on WW Sandwich Thin *MSW Grilled Eggplant Parmesan Panini *MSWV
SIDE	Broccoli, Carrots	Spinach, sauteed	Green Beans, steamed	Garden Salad, Cucumbers, Tomato, Ranch Dressing on side *EMS	Soup, Hearty Lentil Minestrone Soup *W
DESSERT	Clementine	Rice, Jasmine Honeydew Melon	Carrots, Roasted Banana	Broccoli, Steamed Orange Slices	Apple Slices
AFTERNOON SNACK	Apple Sauce Whole Wheat Crackers, Cheese *MSW	Strawberries String Cheese *M	Apple Slices Hummus, Pita *W	Banana Rice Crackers	Smoothie, Banana Mango *M Triscuit *SW
<p>Organic non-rBGH 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.</p> <p>Allergen Abbreviations * M = Milk * E = Eggs * S = Soy Products * W = Wheat Products WW = whole wheat * SF = Shellfish * N = Nuts * F = Fish Products * V = Vegetarian Entrée</p>					
<p>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</p>					