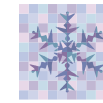


Late Winter Menu 2021



<u>WEEK I</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>All American!</i>	<i>Soup!</i>	<i>Bagels!</i>	<i>Asian!</i>	<i>Italian!</i>
Protein	Chicken-less Nuggets	Minestrone Soup	Vegan Sausage	Tofu teriyaki	Veggie Pizza with Mozzarella cheese
Grains	Baked Fries & Ketchup	Crostini	Bagels	Brown rice	Flat Bread
Fruit/ Vegetable	Mandarin Oranges	Kidney Beans	Celery	Stir Fry Veggies	Sliced Black Olives and bell peppers
Fruit/ Vegetable	Green Beans	Pears	Cream cheese & jelly	Pineapple	Spinach Salad

<u>WEEK II</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Pasta!</i>	<i>Breakfast for Lunch!</i>	<i>Taco Day!</i>	<i>Israeli!</i>	<i>Oven Roasted!</i>
Protein	Vegan Ground Meat	Eggs	Black bean and Feta	Hummus	Roasted Chickpeas
Grains	Whole wheat pasta	Zucchini Bread	Corn Tacos	Pita Bread	Roasted Polenta with marina sauce
Fruit/ Vegetable	Roasted Broccoli	Carrots	Guacamole	Cucumbers	Roasted baby carrots
Fruit/ Vegetable	Salad	Craisins	Corn	Olives	Celery sticks

Protein Alternatives:

Vegan Cream Cheese, Sunflower Butter, Hummus

Each snack consists of one whole grain

- Whole Grain Unsalted Rice Cakes
- Whole Grain Cheerios
- Whole Wheat Pretzels
- Whole Grain Pretzel Thins
- Veggie Straws
- Apple Straws

...each snack consists of one Fruit or Vegetable

- Apples, oranges, bananas, pears or other fresh fruit
- Cucumbers, baby carrots or other fresh vegetables
- Unsweetened Apple Sauce
- Unsweetened Raisins

And...

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