



# Snack & Lunch Menu 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>© Can Stock Photo - csp25315787</p>	<p>1. <b>SNACK:</b> PANCAKE, TATER TOTS, ORGANIC STRAWBERRIES, BLUEBERRIES</p> <p><b>LUNCH:</b> _____ BEEF FRIED RICE w/ VEGETABLES, CARROT STICKS, WATERMELON CUBES</p>	<p>2. <b>SNACK:</b> SCRAMBLED EGGS, APPLE CHICKEN SAUSAGE, MANDARINE ORANGES</p> <p><b>LUNCH:</b> TERIYAKI CHICKEN w/ RICE, STEAMED BROCCOLI AND CARROTS, APPLE SLICES</p>	<p>3. <b>SNACK:</b> HAM &amp; CHEESE CROISSANT, GOGURT, PINEAPPLE</p> <p><b>LUNCH:</b> FETTUCCHINE w/ ALFREDO SAUCE STEAMED VEGGIES, WATERMELON CUBES</p>
<p>6. <b>SNACK:</b> WAFFLE w/ ORGANIC MAPLE SYRUP, MINI SAUSAGES, ORGANIC STRAWBERRIES &amp; BLUEBERRIES</p> <p><b>LUNCH:</b> SPINACH BEAN SOUP w/ TOFU, RICE, SEASONED ANCHOVIES, WHITE KIMCHI, APPLES SLICES</p>	<p>7. <b>SNACK:</b> SCRAMBLED EGGS, OATMEALS W/RAISINS, PINEAPPLE</p> <p><b>LUNCH:</b> CHICKEN/VEGETABLE DUMPLING, YOGURT, SEEDLESS WATERMELON CUBES</p>	<p>8. <b>SNACK:</b> HAM &amp; CHEESE CROISSANT, APPLE SLICES</p> <p><b>LUNCH:</b> YELLOW CURRY RICE w/ VEGETABLES, WHITE. PICKLED RADISH or WHITE KIMCHEE, GRAPES</p>	<p>9. <b>SNACK:</b> TOAST w/ BUTTER OR JAM, TATER TOTS, MANDARINE ORANGES</p> <p><b>LUNCH:</b> CHICKEN FRIED RICE w/, EGGS, STEAMED BROCCOLI &amp; CARROTS, APPLE SLICES</p>	<p>10. <b>SNACK:</b> NAN(Indian bread), GOGURT, MANDARINE ORANGES</p> <p><b>LUNCH:</b> GRILLED CHEESE SANDWICH, CARROTS &amp; CORN, APPLE SLICES</p>

EVERY SNACK MENU IS SERVED WITH 1% ORGANIC MILK(3-4 OZ). FRIDAY SNACKS ARE NORMALLY RESERVED FOR PARENT VOLUNTEERS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13. <b>SNACK:</b> WAFFLE w/ MAPLE SYRUP, TATER TOTS, APPLE SLICES</p> <p><b>LUNCH:</b> CHICKEN NOODLE SOUP w/ VEGETABLES, RICE, ORGANIC STRAWBERRIES &amp; BLUEBERRIES</p>	<p>14. <b>SNACK:</b> FRENCH TOAST w/ ORGANIC MAPLE SYRUP, YOGURT, APPLE SLICES</p> <p><b>LUNCH:</b> TERIYAKI CHICKEN W/ RICE, STEAMED BROCCOLI &amp; CORN, MANDARIN ORANGES</p>	<p>15. <b>SNACK:</b> SWEET POTATOES, BUTTERED CROISSANTS, GRAPES</p> <p><b>LUNCH:</b> GRILLED CHEESE SANDWICH, CARROTS &amp; CORN, APPLE SLICES</p>	<p>16. <b>SNACK:</b> SCRAMBLED EGGS, MINI SASAGES, APPLE SLICES</p> <p><b>LUNCH:</b> JASMINE FRIED RICE W/ CHICKEN, WHITE PICKLED RADISH, MANDARINE ORANGES</p>	<p>17. <b>SNACK:</b> FRENCH TOAST W/ MAPLE SYRUP, CHEESE STICKS, PINEAPPLE</p> <p><b>LUNCH:</b> SPAGETTI WIH TURKEY MEATBALL, CARROT STICKS, VANILLA YOGURT, ORANGES</p>
<p>20. <b>SNACK:</b> PANCAKE W/ BUTTER, CHICKEN-APPLE SAUSAGES, ORGANIC STRAWBERRIES &amp; BLUEBERRIES</p> <p><b>LUNCH:</b> SPINACH BEAN PASTE SOUP w/ TOFU, STEAMED BROCCOLI, APPLE SLICES</p>	<p>21. <b>SNACK:</b> FRENCH TOAST w/ ORGANIC MAPLE SYRUP, APPLE SLICES</p> <p><b>LUNCH:</b> RICE WRAPPED IN UNSEASONED SEAWEED LIGHT SPAM, SALTED QUAIL EGG, MANDARINE ORANGES</p>	<p>22. <b>SNACK:</b> WAFFLE WITH REAL ORGANIC MAPLE SYRUP, MINI SAUSAGES, MANDARINE ORANGES</p> <p><b>LUNCH:</b> TERIYAKI CHICKEN W/ RICE, STEAMED BROCCOLI, APPLE SLICES</p>	<p>23. <b>SNACK:</b> TOAST WITH BUTTER OR JAM, MINI SAUSAGES, STRAWBERRIES</p> <p><b>LUNCH:</b> EGG FRIED RICE, SEASONED SEAWEED, PICKED RADISH, APPLE SLICES</p>	<p>24. <b>SNACK:</b> HONEY NUT CEREAL, GOGURT, MANDARINE ORANGES</p> <p><b>LUNCH:</b> FETTUCCINE w/ ALFREDO SAUCE STEAMED VEGGIES, GRAPES</p>

<p>27.</p> <p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><b>MEMORIAL DAY</b></p>	<p>28. <b>SNACK:</b>          FRENCH TOAST W/          MAPLE SYRUP, YOGURT,          ORGANIC STRAWBERRIES,          BLUEBERRIES</p> <p><b>LUNCH:</b>  <u>TERIYAKI CHICKEN W/          RICE</u>, STEAMED          BROCCOLI, MANDARINE          ORANGES</p>	<p>29. <b>SNACK:</b>          SWEET POTATOES, CHEESE          STICKS, APPLE SLICES</p> <p><b>LUNCH:</b>          SOBA NOODLES, PICKED          RADISH, FRIED          VEGETABLES, MANDARINE          ORANGES</p>	<p>30. <b>SNACK:</b>  <u>WAFFLE w/ MAPLE          SYRUP</u>, CHEESE STICKS,          PINEAPPLE</p> <p><b>LUNCH:</b>  <u>JASMINE FRIED RICE W/          SHRIMP &amp; CHICKEN</u>,  <u>PICKED RADISH</u>,          MANDARINE ORANGES</p>	<p>31 <b>SNACK:</b>          SCRAMBLED EGGS, MINI          SAUSAGES, APPLE SLICES</p> <p><b>LUNCH:</b>  <u>GRILLED CHEESE          SANDWICH</u>, CARROTS &amp;          PEAS, CANTALOPE CUBES</p>
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EVERY SNACK MENU IS SERVED WITH 1% ORGANIC MILK(3-4 OZ). MAIN FOOD PORTION: 2.5 - 4 OZ. FAMILY STYLE MEALS