



Snack & Lunch Menu 2020

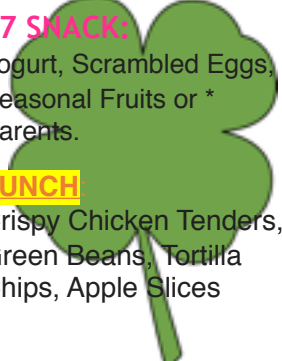


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 SNACK: Scrambled Eggs, Sausages, and Apple Slices</p> <p>LUNCH: Rice, Seasoned Anchovies, Seaweed, Fish Tempura, Grapes</p>	<p>3 SNACK: Pancake with Maple Syrup, Scrambled Eggs, Tater Tots, Orange Slices</p> <p>LUNCH: Pork Katsu with Sauce Rice, Steamed Broccoli, Honey Dew Cubes</p>	<p>4. SNACK: Tortilla Chips with Salsa, Boiled Eggs, Apple Slices</p> <p>LUNCH: Spaghetti with Meatballs, Brussel Spouts, Orange Slices</p>	<p>5 SNACK: Waffles with Maple Syrup, Hash Browns, Orange Juice</p> <p>LUNCH: Spinach Bean Paste Soup, with Tofu, Fried Anchovies, Rice, White Kimchee, Peach Slices</p>	<p>6 SNACK: Yogurt, Scrambled Eggs, Seasonal Fruits or *Parents</p> <p>LUNCH: Teriyaki Chicken with Rice, Steamed Broccoli, Apple Slices</p>
<p>9 SNACK: English Muffin with Eggs and Ham or with Strawberry Jam, Apple Slices</p> <p>LUNCH: Chicken and Vegetable Dumplings, Rice, White Picked Radish, Pineapple Cubes</p>	<p>10 SNACK: Scrambled Eggs, Oatmeal with Raisins & Brown Sugar(opt). Pineapple Cubes</p> <p>LUNCH: Vegetable Curry with Rice, Seasoned Fish Cake, White Pickled Radish, Apple Slices</p>	<p>11 SNACK: Pancake with Maple Syrup, Mini Sausages, Orange Slices</p> <p>LUNCH: Fettuccine with Alfredo Sauce, Steamed Veggies, Grapes</p>	<p>12 SNACK: Baked Potatoes with Butter and Salt, Scrambled Eggs, Seasonal Fruits</p> <p>LUNCH: Shrimp Fried Rice, Steamed Tofu with Soy Sauce, White Kimchi, Apple Slices</p>	<p>13 SNACK: Yogurt, Scrambled Eggs, Seasonal Fruits or * Parents.</p> <p>LUNCH: Crispy Chicken Tenders, Saute Green Beans, Quinoa, Apple Slices</p>

Every snack menu is served with 1% or 2% organic milk(3-4 OZ) with an exception when replaced by orange juice. FOOD PORTION: 2.0 - 6 OZ. Bunch & Snack(10am) and Lunch(11:45pm) are served in family style meals. The above menu is subject to change slightly without further notice.



Snack & Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16 SNACK: Waffle with Maple Syrup, Scrambled Eggs, Tater Tots, Orange Juice</p> <p>LUNCH: Seaweed Soup with Organic Tofu, Rice, Seasoned Anchovies, Pickled Radish, Apple Slices</p>	<p>18 SNACK: Toast with Strawberry Jam, Scrambled Eggs, Apple Slices</p> <p>LUNCH: Teriyaki Chicken with Rice, Steamed Broccoli, Seasonal Fruits</p>	<p>19 SNACK: French Toast with Maple Syrup, Scrambled Eggs, Grapes</p> <p>LUNCH: Spaghetti with Turkey Meatballs, Carrots sticks, Orange Slices</p>	<p>20 SNACK: Chicken & Avocado Quesadilla, Salsa, Apple Slices</p> <p>LUNCH: Spinach Soup with Tofu, Rice, Fish Cake (어묵), White Kimchi, Orange Slices</p>	<p>21 SNACK: Waffles with Maple Syrup, Seasonal Fruits or *Parents</p> <p>LUNCH: Grilled Cheese Sandwich, Corn & Carrots, Seasonal Fruits</p>
<p>23/30 SNACK: Pancake with Maple Syrup, Scrambled Eggs, Tater Tots, Orange Slices</p> <p>LUNCH: Mac & Cheese with Cauliflower, Melon Cubes</p>	<p>24/31 SNACK: French Toast with Maple Syrup, Mini Sausages, Apple Slices</p> <p>LUNCH: Teriyaki Salmon with Rainbow Veggie Rice, Cantaloupe Cubes</p>	<p>25 SNACK: Croissant with Ham and Cheese, Avocado, Apple Slices</p> <p>LUNCH: Ravioli with Cheese & Spinach, Brussel Sprouts, Oranges slices</p>	<p>26 SNACK: Waffle with Maple Syrup, Scrambled Eggs, Tater Tots, Orange Juice</p> <p>LUNCH: Spinach Soup with Rice Fish Cake (어묵), White Kimchi, Apple Slices</p>	<p>27 SNACK: Yogurt, Scrambled Eggs, Seasonal Fruits or * Parents.</p> <p>LUNCH: Crispy Chicken Tenders, Green Beans, Tortilla Chips, Apple Slices</p> 

Every snack menu is served with 1% or 2% organic milk(3-4 OZ) with an exception when replaced by orange juice. We use organic eggs. NO canned food. The above menu is subject to change slightly without further notice. PM snacks(2:40pm): Organic Strawberry Jam Sandwich or Seaweed with Rice or Cheese Sticks with Crackers **TEXT FOR ANY FOOD CONCERNS: (415) 323-9704**