

Monday

Tuesday

Wednesday

Thursday

Friday

5
Veggie Omelet/ Toast
Steamed Baby Carrots

6
Vegetable Pasta
Scrambled Egg
Apple Sauce

7
Veggie Nuggets
Pretzel Bites
Green Beans

8
Spaghetti
Veggie Balls/ Tomato
Sauce
Green Peas

9
White Rice
Teriyaki Tofu
Steamed Broccoli
Corn Soup

12
Egg Salad Sandwich
Steamed Baby Carrots

13
Stir Fry Veggie Noodles
Chicken Veggie Patty
Broccoli

14
Veggie Mini Sausage
Hot Dog Bun
Green Beans
Apple Sauce

15
Belgian Waffles / Maple
Syrup
Scrambled Eggs
Steamed Corn

16
Macaroni and Cheese
Boiled Eggs
Sautéed Green Beans

19
French Toast w/
Scrambled Eggs
Maple Syrup
Sweet Peas

20
Pretzel Bites
Veggie Nuggets/ Ketchup
Steamed Corn
Applesauce

21
Rice/Corn Soup
Stewed Tofu
Steamed Broccoli

22
Tofu Veggie Scramble
Pancakes with syrup
Apple Slices

23
Veggie Mini Sausage
Hot Dog Bun
Green Beans

26
Egg Salad Sandwich
Steamed Baby Carrots

27
White Rice
Cauliflower Stir fry
Veggie Chicken Patty
Apple Sauce

28
Veggie Omelet /Toast
Orange Slices
Yogurt

29
Grilled Cheese
Hard Boiled Eggs
Steamed Broccoli
Apple Sauce

30
Pretzel Bites
Veggie Nuggets/ Ketchup
Steamed Corn

All meals include a serving of fruit & milk. (Menu is subject to change.)

Each lunch is portioned out to meet the Nutrition Standards for School Lunches: 30% protein, 35% grain, 20% vegetables/fruits

EVERY LUNCH MENU IS SERVED WITH MILK AND FRESH FRUIT. **The above menu is subject to change.**