



Food Menu

Filtered water is provided to children all day. Menu is subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Breakfast	Hot oatmeal, sliced bananas, milk	Scrambled eggs, toasted bread, watermelon, milk	Farina, peaches, milk	Cheerios, milk, tangerines	Pancakes, syrup, pineapple, milk
Lunch Week 1	Mushroom barley soup, breaded fish, quinoa, sliced cucumber	Creamy zucchini soup, baked chicken, brown rice, sliced red pepper	Meat sauce, whole grain spaghetti, baked asparagus, sliced carrot sticks	Breaded chicken cutlet (betochki/schnitzel), buckwheat kasha, steamed broccoli, celery sticks	Chicken soup, homemade challah, hard boiled eggs, macaroni, fresh vegetable platter
Lunch Week 2	Vegetable soup, breaded fish, quinoa, sliced cucumber	Spilt pea soup, baked chicken, Rice with mixed vegetables, sliced red pepper	Meat sauce, whole grain spaghetti, sautéed green beans, baked cauliflower	Breaded chicken cutlet (betochki/schnitzel), roasted potatoes, sautéed broccoli, sliced tomatoes	Borscht soup, homemade challah, hard boiled eggs, macaroni, fresh vegetable platter
3 PM Afternoon snack	Whole wheat crackers, sliced mozzarella cheese, oranges	Whole wheat bread with avocado, apples	Whole wheat cranberry muffins, honeydew	Applesauce, whole grain rice cakes, cucumber sticks	Hummus, pretzel sticks, baby carrots
5 PM Afternoon Snack	Whole grain pita bread with cream cheese	Cottage cheese, sliced bananas	Vanilla yogurt, sliced mango and berries	Whole wheat bread, mozzarella cheese, cantaloupe	