

# SPRING MENU

Breakfast may include items from the following list:

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| <ul style="list-style-type: none"> <li>• whole wheat toast</li> <li>• whole wheat English muffins</li> <li>• assorted whole grain cereals</li> </ul> | <ul style="list-style-type: none"> <li>• oatmeal</li> <li>• granola and yogurt</li> <li>• pancakes</li> <li>• assorted bagels</li> </ul> | <ul style="list-style-type: none"> <li>• waffles</li> <li>• fresh fruit</li> <li>• raisin bread</li> <li>• french toast</li> </ul> | <p>May be served with:</p> <ul style="list-style-type: none"> <li>• jam</li> <li>• cream cheese</li> <li>• butter</li> <li>• WOW butter</li> </ul> |
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	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Snack Lunch	<p>Bean Quesadillas and Red Bell Peppers with Sour Cream and Salsa</p> <p>Granola, Yogurt &amp; Berries</p>	<p>Penne Chicken/Lentil Alfredo &amp; Broccoli</p> <p>Cinnamon spiced apples, Melba Toast and Whipped Cream Cheese</p>	<p>Corn Chowder &amp; Grilled Cheese</p> <p>Banana Loaf &amp; Pears</p>	<p><i>Taste of India</i> Indian Spiced Beef, Rice Pilaf and Roasted Sweet Curried Carrots</p> <p>Cantaloupe, Crackers and Cheese Cubes</p>	<p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Apple Sauce and Warm Naan</p>
Week Two Snack Lunch	<p>Chickpea Curry on Coconut Basmati Rice and Broccoli</p> <p>Sliced Cucumbers, Pita and Hummus and Grapes</p>	<p>Beef/Lentil Bowtie Pasta Bolognese and Cauliflower</p> <p>Graham Crackers with Berry Whipped Cream Cheese and Fruit</p>	<p><i>Taste of Argentina</i> Chimichurri Chicken, Spanish Rice, Sauteed Corn and Roasted Bell Peppers</p> <p>Banana Muffins and Pears</p>	<p>Basa Fish, Sweet Potato Mash, Roasted Zucchini</p> <p>Carrot, Celery, Cucumber, Cheese Cubes with Ranch and Kielbasa</p>	<p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Whole Grain Cereal Trail Mix With Melon</p>
Week Three Snack Lunch	<p>Butternut Squash Mac 'n' Cheese with Broccoli</p> <p>Berries and Vanilla Yogurt and Arrowroot Cookies</p>	<p>Chicken Salad on Whole Wheat Buns &amp; Cucumbers</p> <p>Scones, Jam and Apples</p>	<p>Meatloaf/Lentil Chickpea Loaf, Mashed Potatoes, Sauteed Peas and Gravy</p> <p>Cinnamon Bun Roll Ups &amp; Pear Slices</p>	<p>Breaded Basa, Potato Wedges, Coleslaw &amp; Tartar Sauce</p> <p>Sour Cream, Salsa and Corn Chips</p>	<p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Apple Sauce and Warm Naan</p>
Week Four Snack Lunch	<p>Tuna Pasta Salad, Cucumber and Tomato on Green Salad</p> <p>Zucchini Muffins and Bananas</p>	<p>Butternut Squash Soup &amp; Grill Cheese</p> <p>WOW Butter and Jam Sandwiches with Apples</p>	<p><i>Taste of Greece</i> Chicken Souvlaki, Roasted Lemon Potatoes/Rice, Pita &amp; Tzatziki Sauce</p> <p>Pears, Pretzels &amp; Cheese Cubes</p>	<p>Swedish Beef Meatballs Mashed Potatoes &amp; Vegetable Medley</p> <p>Granola Squares &amp; Orange Slices</p>	<p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Trail Mix &amp; Melon</p>

★ Milk and water served at breakfast and lunch; water served at snack and throughout the day; grains will be whole wheat or whole grain wherever possible ★