

SUMMER MENU

Breakfast may include items from the following list:

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| <ul style="list-style-type: none"> • whole wheat toast • whole wheat English muffins • assorted whole grain cereals | <ul style="list-style-type: none"> • oatmeal • pancakes • assorted bagels • eggs | <ul style="list-style-type: none"> • waffles • fresh fruit • yogurt • raisin bread | <p>May be served with:</p> <ul style="list-style-type: none"> • jam • cream cheese • butter |
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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|--|---|--|---|---|
| Week One Snack Lunch | <p>Panko Breaded Cod Garlic Rice Mixed Vegetables</p> <p>Fruit with Zucchini Bread</p> | <p>Vegetable and Ricotta Cheese Frittata Steamed Broccoli</p> <p>Carrots, Celery and Peppers with Dill Sour Cream</p> | <p><i>Taste of: JAMAICA</i> Jerk Chicken Burgers Baked Sweet Potatoes</p> <p>Watermelon with Pretzels and Cheese Cubes</p> | <p>Mini Meatballs Cheese Ravioli and Garlic Marinara Sauce Mixed vegetables</p> <p>Cucumber and Cream Cheese Whole Grain Sandwiches</p> | <p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Carrot Muffins and Mixed Fruit</p> |
| Week Two Snack Lunch | <p>Bean Salad Herbed Vegetable Couscous Steamed Cauliflower</p> <p>Veggie Tray with Flatbreads and Dip</p> | <p>Vegetable Medley Lentil Soup Grilled Cheese Sandwiches</p> <p>Arrowroot Biscuits and Strawberry Yogurt</p> | <p><i>Taste of: ITALY</i> Pasta Bolognese (Spaghetti with Meat Sauce) Caesar Salad</p> <p>Seedless Grapes and Lemon Cake</p> | <p>Baked Lemon Herb Fish Fillets Vegetable Quinoa Salad</p> <p>Bruschetta Pita Wedges</p> | <p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Deconstructed Summer Fruit and Granola Yogurt Parfaits</p> |
| Week Three Snack Lunch | <p>Creamy Cheese Pasta Shells with Tuna and Spinach Tossed Garden Salad</p> <p>Fresh Peaches and Whole Wheat Crackers and Hummus</p> | <p>Breaded Chicken Roasted Lemon Potato Wedges Sweet Corn</p> <p>Banana Loaf with Fruit</p> | <p>Cheddar Cheese Quiche Steamed Green Bean Medley</p> <p>Berries and Greek Vanilla Yogurt</p> | <p><i>Taste of: GREECE</i> Mini Pork Souvlakia on Whole Wheat Pita Bread Tomato and Cucumber Salad</p> <p>Cucumber Slices with Cheese</p> | <p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Fruit Berry Whipped Cream Cheese with Graham Crackers</p> |
| Week Four Snack Lunch | <p>Garlic Herbed Bowtie Pasta with Chickpeas Roasted Zucchini</p> <p>Apple Wedges and Pretzels with Cheddar Cubes</p> | <p>Lemon Pepper Basa Mashed Cauliflower and Potato Sweet Cream Corn</p> <p>Fruit and Yogurt Graham Crackers</p> | <p>Chicken Noodle Grilled Cheese Sandwiches</p> <p>Cantaloupe Slices Whole Grain Cereal Trail Mix</p> | <p><i>Taste of: MEXICO</i> Soft Beef Tacos with Shredded Cheese, Lettuce and Tomatoes with Sour Cream and Taco Sauce</p> <p>Veggies, Dip & Pita</p> | <p>Cheese and Pepperoni Pizza Assorted Crudités</p> <p>Assorted Fruit and Melba Toast with Cottage Cheese</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 ★