

Breakfast may include items from the following list:

<ul style="list-style-type: none"> • whole grain toast • whole wheat English muffins • assorted whole grain cereals 	<ul style="list-style-type: none"> • oatmeal • whole grain/multi-grain cereal bars • pancakes 	<ul style="list-style-type: none"> • waffles • fresh fruit • raisin bread 	May be served with: <ul style="list-style-type: none"> • jam • cream cheese • butter • WOW butter
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SPRING MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Snack Lunch	Chicken Stir-Fry with Butter Noodles	White Bean Soup & Grilled Cheese	Penne Tuna/Chickpea Alfredo & Broccoli	<i>Taste of: INDIA</i> Indian Spiced Beef, Rice & Roasted Sweet Curried Carrots	Cheese and Pepperoni Pizza Assorted Crudites
	Granola, Yogurt & Berries	Cucumber, Melba Toast, and Whipped Cream Cheese	Carrot Muffins & Pears	Grapes, Crackers & Cheese Cubes	Apple Sauce & Warm Pita
Week Two Snack Lunch	Chickpea Curry on Coconut Basmati Rice & Broccoli	Beef/Lentil Bowtie Pasta Bolognese with Peas & Corn	Bean Quesadilla with Sour Cream & Salsa	<i>Taste of: ARGENTINA</i> Chimichurri Chicken, Spanish Rice, Sauteed Corn & Roasted Bell Peppers	Cheese and Pepperoni Pizza Assorted Crudites
	Fruit Tarts	Graham Crackers with Berry Whipped Cream Cheese & Grapes	Banana Muffins & Oranges	Carrot, Celery, Cucumber & Cheese Cubes with Homemade Dip	Whole Grain Cereal Trail Mix With Melon
Week Three Snack Lunch	Butternut Squash Mac 'n' Cheese with Broccoli	Chicken Salad on Whole Wheat Buns & Coleslaw	Meatloaf/Lentil Chickpea Loaf, Mashed Potatoes, Sauteed Peas And Gravy	Breaded Fish, Potato Wedges, Peas & Homemade Tartar Sauce	Cheese and Pepperoni Pizza Assorted Crudites
	Berries & Vanilla Yogurt Arrowroot Cookies	Scones, Jam & Apples	Cinnamon Bun Roll Ups & Mixed Fruit Salad	Corn Chips with Sour Cream & Salsa	Apple Sauce & Cookies
Week Four Snack Lunch	Tuna Pasta Salad & Garden Salad	Tomato Basil & Chickpea Soup with Grilled Cheese	<i>Taste of: GREECE</i> Chicken Souvlaki, Tomato/Cucumber Salad, Herbed Rice, Pita & Tzatziki Sauce	Swedish Beef Meatballs, Mashed Potatoes & Vegetable Medley	Cheese and Pepperoni Pizza Assorted Crudites
	WOW Butter & Jam Sandwiches with Apples	Zucchini Muffins & Bananas	Kiwi, Pretzels & Cheese Cubes	Oatmeal Cookies with Orange Slices	Trail Mix & Melon

★ 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 ★