

HEALTHY EATING MENU

Fall 2017 to Spring 2018



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU 1	Breakfast	Eggs and Cheese with English Muffin & Organic Milk	Whole Wheat Bagels with Raisins, Seasonal Fruit & Organic Milk	Whole Wheat Waffles, Seasonal Fruit & Organic Milk	Cream of Wheat with Raisins & Organic Milk	Whole Wheat Waffles, Seasonal Fruit & Organic Milk
	Lunch	Spanish Rice, Beans, Vegetables, Plantains & Organic Milk	Vegetable Lasagna, Whole Wheat Bread, Salad & Organic Milk	Meatless Veggie Burgers with Cheese, Sweet Potato Fries, Seasonal Fruit & Organic Milk	Macaroni and Cheese with Vegetables, Pita Bread, Salad & Organic Milk	Soup, Seasonal Fruit & Organic Milk
	Afternoon Snack	Yogurt with Seasonal Fruit & Water	Cheese Quesadilla & Water	Yogurt with Seasonal Fruit & Water	Cheese Quesadilla & Water	Homemade Bread Pudding & Water
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU 2	Breakfast	Cream of Wheat with Raisins & Organic Milk	Whole Wheat French Toast Sticks, Seasonal Fruit & Organic Milk	Overnight Oats with Raisins, Seasonal Fruit & Organic Milk	Whole Wheat French Toast Sticks, Seasonal Fruit & Organic Milk	Cream of Wheat with Raisins & Organic Milk
	Lunch	Spaghetti with Veggie-crumbles, Broccoli and Cheese, Bread, Seasonal Fruit & Organic Milk	Vegetable Biryani (Basamati Rice, Vegetables), Seasonal Fruit & Organic Milk	Cheese Pizza, Vegetables, Salad & Organic Milk	Meatless Chicken, Whole Wheat Bread, Potatoes with Veggies & Organic Milk	Spinach and Cheese Ravioli, Succotash, Seasonal Fruit & Organic Milk
	Afternoon Snack	Yogurt with Seasonal Fruit & Water	Broccoli with Hummus & Water	Tomatoes with String Cheese & Water	Carrots with Hummus & Water	Homemade Bread Pudding & Water