



2023/34 LUNCH & SNACK PROGRAM 4 Week Rotating Menu

SAMPLE 1 WEEK MENU

WEEK 1	Meatless MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Selection of Breakfast foods including: <ul style="list-style-type: none"> • Cereal • Oatmeal Muffins • Egg bites • Seasonal Fruit • Yogurt Parfait 	Selection of Breakfast foods including: <ul style="list-style-type: none"> • Scrambled Eggs • Fruit Smoothie • Yogurt Parfait • Dairy/Oat Milk 	Selection of Breakfast foods including: <ul style="list-style-type: none"> • Cereal • Oat Bar Breakfast Cookie • Scrambled Eggs • Seasonal Fruit • Yogurt Parfait 	Selection of Breakfast foods including: <ul style="list-style-type: none"> • Waffles • Mini Cheese Omelette • Seasonal Fruit • Yogurt Drink • Dairy/Oat Milk 	Selection of Breakfast foods including: <ul style="list-style-type: none"> • Cereal • Pancakes • Egg Bites • Fruit Cup • Yogurt
LUNCH	Pasta Alfredo with Broccoli Caesar salad with croutons	Chicken burritos with yellow rice Mixed Veggie salad	BBQ Chicken Nuggets/Veggie nuggets Mashed Potatoes Corn & Mixed Bean Salad	Garlic beef stir fry Egg Noodles Red Pepper & Veggie Mix	Fish Tacos with Corn Tortillas Black Beans Coleslaw
PM SNACK	<ul style="list-style-type: none"> • Yogurt Parfait • Carrots with dip 	<ul style="list-style-type: none"> • Tortilla chips and guacamole/salsa 	<ul style="list-style-type: none"> • Pita chips & hummus • Fruit cup 	<ul style="list-style-type: none"> • Homemade Banana Bread • Seasonal Fruit 	<ul style="list-style-type: none"> • Homemade brownies • Apple Sauce

* Please note sandwiches, vegetarian, halal, gluten-free, & dairy-free options are available daily. The whole menu is pork-free. Meals and snacks are subject to change based on seasonal availability. Students are asked to bring their re-usable container and cutlery labeled with their name daily.