



## SPRING/SUMMER MENU 2023

Weeks of: May 8<sup>th</sup>, June 5<sup>th</sup>, July 4<sup>th</sup> & 31<sup>st</sup>, Aug. 28<sup>th</sup>, Sept. 25<sup>th</sup>, Oct. 23<sup>rd</sup>

### Preschool – School Age Vegetarian Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Filipino Style Lentil Pancit w/ Brown Rice Noodles (*broccoli, cabbage, *carrots, cauliflower, lentils, *peas, rice noodles) Fresh Fruit	Garlic Breadstick Yummy Tomato & Bean Marinara
<b>TUESDAY</b>	Whole Wheat English Muffin Cinnamon Spread	Falafel Balls with Tomato Sauce Vegetable Rotini *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
<b>WEDNESDAY</b>	Apple Cinnamon Cereal Mix Diced *Melon Milk	Baked Veggie Tenders Rainbow Rice (*carrots, celery, corn, *kale, onions, rice) Fresh Fruit	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree
<b>THURSDAY</b>	Yummy Egg Salad Cracked Wheat Crackers	Vegetarian Sloppy Joe Whole Wheat Bun *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
<b>FRIDAY</b>	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree	Lebanese Stew (barley, *carrots sliced, chickpeas, *green/red peppers, onions, potatoes, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

**Milk and/or Water are served with lunch and snacks**

- \* Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



## SPRING/SUMMER MENU 2023

Weeks of: May 15<sup>th</sup>, June 12<sup>th</sup>, July 10<sup>th</sup>, Aug. 8<sup>th</sup>, Sept. 5<sup>th</sup>, Oct. 2<sup>nd</sup> & 30<sup>th</sup>

### Preschool – School Age Vegetarian Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Lemon Dill Pasta & Egg Scramble (corn, egg, *green/red peppers, onion, lentils) *Spring Mix Salad Fresh Fruit	Blueberry Oat Bun Fresh Fruit
<b>TUESDAY</b>	Waffles 100% Apple & Maple Fruit Puree	Thai Chickpeas & Vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chickpeas, *green beans, onions) Brown Rice Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
<b>WEDNESDAY</b>	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Green Salad Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
<b>THURSDAY</b>	Vegan Brioche Bread 100% Peach & Apple Fruit Puree	Creamy Basil Pasta Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
<b>FRIDAY</b>	Yogurt Fresh Fruit	Baked Veggie Cutlet Whole Wheat Bun *PEI Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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# YUMMY

## SPRING/SUMMER MENU 2023

Weeks of: May 23<sup>rd</sup>, June 19<sup>th</sup>, July 17<sup>th</sup>, Aug. 14<sup>th</sup>, Sept. 11<sup>th</sup>, Oct. 10<sup>th</sup>,

### Preschool – School Age Vegetarian Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	White Bean Mac & Cheese *Spring Mix Salad Fresh Fruit	Garlic Breadstick Chunky Chickpea Salad
<b>TUESDAY</b>	Whole Wheat English Muffin Cinnamon Spread	Roasted Vegan Bites Vegetable Couscous (*bell peppers, *carrots, couscous, onion, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
<b>WEDNESDAY</b>	Apple Cinnamon Cereal Mix Diced *Melon Milk	Egg Patty Whole Wheat Bun *Broccoli & Cauliflower Fresh Fruit	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree
<b>THURSDAY</b>	Hard Boiled Egg Cracked Wheat Crackers	Falafel Balls with Yummy Tomato Sauce Brown Rice *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
<b>FRIDAY</b>	Whole Grain Vegan Banana & Oat Muffin Hat 100% Tropical Fruit Puree	Yummy Chickpea Ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

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# YUMMY

## SPRING/SUMMER MENU 2023

Weeks of: May 29<sup>th</sup>, June 26<sup>th</sup>, July 24<sup>th</sup>, Aug. 21<sup>st</sup>, Sept. 18<sup>th</sup>, Oct. 16<sup>th</sup>

### Preschool – School Age Vegetarian Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Roasted Vegan Bites Whole Wheat Pita Pouch *Mixed Vegetable Blend (*broccoli,*carrots(orange /yellow),*green beans) Fresh Fruit	Apple Oat Bun Fresh Fruit
<b>TUESDAY</b>	Waffles Raspberry Crumble and Apple 100% Fruit Puree	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
<b>WEDNESDAY</b>	Blueberry Oatmeal Bar	Summer Veggie Chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Whole Wheat Home-Style Bread Fresh Fruit	Fresh Fruit Multigrain Wheat Thins
<b>THURSDAY</b>	Vegan Brioche Bread 100% Passion Fruit Blend Puree	Baked Veggie Tenders Yummy Golden Barley *Green Salad Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
<b>FRIDAY</b>	Yogurt Fresh Fruit	<b>FUN FRIDAY!</b> (Please see posting for the special menu)	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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