

Winter Spring Menu (January 2 - May 10, 2025)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week	1	12/25 /2024 - 1/1/2025 Winter Break CLOSED				
	5	1/27/2025	1/28/2025	1/29/2025	1/30/2025	1/31/2025
	9	2/24/2025	2/25/2025	2/26/2025	2/27/2025	2/28/2025
	13	3/24/2025	3/25/2025	3/26/2025	3/27/2025	3/28/2025
	17	4/21/2025	4/22/2025	4/23/2025	4/24/2025	4/25/2025
MORNING SNACK		Chex Cereal Fruit Salad	Muffin, Zucchini *EMSW Strawberries	Egg White & Spinach Frittatas *EMSW Banana	Oatmeal, Cinnamon *W Apple Slices Plain or Fruit Yogurt *M	Cheerios Pears, slices
LUNCH		Chicken WW Pasta Alfredo with Garden Vegetable, Sauce on side *EMSW WW Pasta Alfredo w/ Garden Vegetable, Sauce on side *EMSWV	Chicken Curry *M Creamy Cauliflower Curry *MV	Mac & Cheese w Tomatoes & Broccoli *MSWV Garden Salad, Cucumbers, Tomato, Italian Dressing on side	Fish Taco with Tomatoes, Lime and Cilantro with Corn Tortilla *F Soft Shell Vegetable Tacos, Shredded Cheese with whole wheat tortilla *MWV	Turkey Salad Sandwich, WW Bread *ESW Roasted Vegetable Sandwich, Cheese, Whole Wheat Bread *MWV
SIDE		Broccoli, steamed	Rice, Jasmine		Black Beans and Rice	Soup, Broccoli & Cheese *MSW
DESSERT		Orange Slices Pears, slices	Nectarine Apple Slices	Pears, slices Honeydew Melon	Orange Slices Fruit Salad	Banana Smoothie, Strawberry *M
AFTERNOON SNACK		Cucumber, Tzatziki *M	Cottage Cheese *M	Hummus, Pita *W	Cheddar Cheese *M	Carrot Sticks, Ranch *EMS
Week	2	1/6/2025	1/7/2025	1/8/2025	1/9/2025	1/10/2025
	6	2/3/2025	2/4/2025	2/5/2025	2/6/2025	2/7/2025
	10	3/3/2025	3/4/2025	3/5/2025	3/6/2025	3/7/2025
	14	3/31/2025	4/1/2025	4/2/2025	4/3/2025	4/4/2025
	18	4/28/2025	4/29/2025	4/30/2025	5/1/2025	5/2/2025
MORNING SNACK		Chex Cereal Tangerine	Bagel, Cream Cheese *MW Apple Slices	Whole Grain French Toast *EMW Fruit Salad	Oatmeal, Cinnamon *W Strawberries Plain or Fruit Yogurt *M	Cottage Cheese *M Apple Slices
LUNCH		Pasta with Ground Turkey, Tomato Sauce & Mozzarella Cheese *MW WW Pasta with Roasted Vegetable Marinara *MSW	Chicken, Spinach, and Corn Quesadilla, on side salsa *MSW Cheese and Bean Enchilada *MWV	Quinoa Cake with Green Sauce on Side *MWV	Salmon Cake *FSW Chickpea Meatloaf *SWV	Turkey Burger *SW Grilled Veggie Burgers, WW Buns *WSV
SIDE		Greek Salad w Feta Cheese *M	Cauliflower, Roasted	Broccoli, Carrots	Sweet Potatoes, Mashed	Soup, Garden Vegetable Rice *MS
DESSERT		Apple Slices	Rice, Spanish Honeydew Melon	Corn, steamed kernels Orange, slices	Green Beans, Steamed Clementine	Orange, slices
AFTERNOON SNACK		Pears, slices Cheddar Cheese *M	Apple Sauce Graham Crackers *WS	Honeydew Melon Hummus, Pita *W	Pears, slices Carrot Sticks, Black Bean Dip *V	Smoothie, Banana *M Rice Crackers
Week	3	1/13/2025	1/14/2025	1/15/2025	1/16/2025	1/17/2025
	7	2/10/2025	2/21/2025	2/22/2025	2/23/2025	2/24/2025
	11	3/10/2025	3/11/2025	3/12/2025	3/13/2025	3/14/2025
	15	4/7/2025	4/8/2025	4/9/2025	4/10/2025	4/11/2025
MORNING SNACK		Chex Cereal Orange, slices	English Muffin, Butter & Jam *MSW Strawberries	Broccoli & Cheddar Frittata *EMS Tangerine	Oatmeal *W Banana Plain or Fruit Yogurt *M	Cheerios Cantaloupe
LUNCH		Baked Chicken Parmesan, WW Pasta on side *EMSW Eggplant Parmesan *MWV	Teriyaki Chicken Breast *WS Spinach Paneer *MV	Curried Chickpeas & Potatoes *V	Grilled Salmon *F BBQ Tofu and Vegetable Medley *SV	Grilled Cheese Sandwich, Whole Wheat Bread *MWV Soup, Creamy Tomato *MW
SIDE		Caesar Salad, dressing on the side *EMS	Green Beans, Steamed	Spinach, sauteed	Peas, Carrots	
DESSERT		Honeydew Melon	Rice, Jasmine Orange Slices	Rice, Basmati Honeydew Melon	Broccoli, Roasted Fruit Salad	Broccoli, Carrots Pears, slices
AFTERNOON SNACK		Fruit Salad Animal Crackers *WS	Cantaloupe Cheddar Cheese *M	Apple Slices Cottage Cheese *M	Pears, slices Pretzels *SW	Smoothie, Strawberry *M Carrot Sticks, Ranch *EMS
Week	4	1/20/2025 - Martin Luther King, Jr. Day and Presidential Inauguration CLOSED		1/22/2025	1/23/2025	1/24/2025
	8	2/17/2025	2/18/2025	2/19/2025	2/20/2025	2/21/2025
	12	3/17/2025	3/18/2025	3/19/2025	3/20/2025	3/21/2025
	16	4/14/2025	4/15/2025	4/16/2025	4/17/2025	4/18/2025
MORNING SNACK		Chex Cereal Pears, slices	Bagel, Cream Cheese *MW Fruit Salad	WW Pancakes *EMW Orange, slices	Oatmeal, Cinnamon *W Pears, slices Plain or Fruit Yogurt *M	Cottage Cheese *M Strawberries
LUNCH		Ground Turkey Meatloaf with Tomato Sauce *W Chickpea Meatloaf *SWV	Sweet and Sour Chicken *SW Sweet and Sour Tofu *SWV	Quinoa Cake with Green Sauce on Side *MWV	Baked White Fish and Cheesy Crumb Topping *FMSW Italian Vegetable Bake *MV	Grilled Chicken Parmesan on WW Sandwich Thin *MSW Grilled Eggplant Parmesan Panini *MSWV
SIDE		Broccoli, Carrots	Spinach, sauteed	Green Beans, steamed	Garden Salad, Cucumbers, Tomato, Ranch Dressing on side *EMS	Soup, Hearty Lentil Minestrone Soup *W
DESSERT		Clementine	Rice, Jasmine Honeydew Melon	Carrots, Roasted Banana	Broccoli, Steamed Orange Slices	Apple Slices
AFTERNOON SNACK		Apple Sauce Whole Wheat Crackers, Cheese *MSW	Banana Carrot Sticks, Ranch *EMS	Apple Slices Hummus, Pita *W	Strawberries Cottage Cheese *M	Smoothie, Banana Mango *M Triscuit *SW

Organic non-BGH 1% or Whole Milk with Vit D = served at every meal
 Since November 2015, all our cheeses, yogurt, milk offered and used in recipes are organic.
 The following fresh fruits offered on the menu are also organic: Apple, Pears, Peaches, and Strawberries.

Allergen Abbreviations

* M = Milk * E = Eggs * S = Soy Products
 * SF = Shellfish * N = Nuts * F = Fish Products

* W = Wheat Products
 * V = Vegetarian Entrée

WW = whole wheat

Packed Lunch - When a class goes on a field trip, we will offer this packed lunch:

Class Field Trip Bagged Lunches (24 hour notice required)
Turkey or Veg Sandwich on Whole Wheat Bread or Wrap
Chips, Whole Fruit, Cookie, Bottled Water
Snacks to include: Granola Bars/Fruit Cup