

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Burgers Parsley Boiled Potatoes Cucumber Slices with Honey Mustard Dip Field Berry and Granola Yogurt Parfaits	Rainbow Tortellini with Vegetable Marinara Caesar Salad Plums with Soft Pretzel Bites and Warm Cheese Dip	Fish Tacos Mexican Rice Pilaf Cajun Jicama Slaw Cheese Cubes with Crackers and Honeydew Melon	Beef Stroganoff Egg Noodles Asparagus Parmesan Focaccia with Warm Marinara	Chicken Souvlaki Pitas Tzatziki Dip and Vegetable Crudité Multigrain Sunchips with Watermelon Slices
Baked Cheese Panini Garlic Herbed Noodles Mandarin Romaine Salad Cheese Focaccia with Mediterranean Bruschetta	Baked Cod Nuggets Fingerling Potatoes California Vegetable Blend Carrot Cheddar Loaf	Baked Beef Casserole Glazed Baby Carrots Whole Wheat Dinner Rolls Yogurt with Cereal Trail Mix Sliced Strawberries	Oven Roasted Chicken Mushroom Risotto Broccoli Florets Cheese Pizza Bites	Turkey Sausage on a Bun Mini Hash Browns Frenched Yellow Beans Granola Fruit and Oat Bars
Baked Pollock Fried Rice Oriental Vegetable Mix Croissants with Sliced Cheddar and Cucumber Slices	Honey Garlic Meatballs Roasted Sweet Potatoes Whole Baby Corn Yogurt with Apple Chips and Watermelon Slices	Chicken Cacciatore Herbed Penne Sautéed Green Beans Peaches with Digestive Cookies	Turkey Schnitzel Steamed Brown Rice 4 Way Mixed Vegetables Mini Naan Bites with Spinach Dip	Cheese Ravioli with Spinach Marinara Garden Salad Banana Loaf with Fresh Strawberries
Beef and Vegetable Chili Con Queso Nachos Zucchini Bread with Raspberries	Chicken Stir Fry with Peppers Chow Mein Noodles Breadsticks Roasted Red Pepper Hummus with Pita Crisps	3 Cheese Penne Al Forno Peas and Red Pepper Mini Quiche	Baked Haddock Garlic Mashed Potatoes Greek Salad Baked Vegetable Spring Roll with Plum Sauce	Roasted Turkey Quinoa Pilaf Steamed Cauliflower Yogurt with Cinnamon Scones

Semester 3 Menu

April 30th to August 31st

Daily Continental Breakfast may consist of the following:

- waffles
- oatmeal
- whole wheat toast
- assorted muffins
- multigrain bagels
- whole wheat English muffins
- assorted cereals
- yogurt
- multigrain cereal bars
- French toast

Fresh fruit and water are provided for all age groups throughout the entire day.

Menu adaptations are based on individual age groups.

DID YOU KNOW...?

Jicama is a Mexican turnip that has the texture and taste of a savory apple.

