

Monday	Tuesday	Wednesday	Thursday	Friday	<h2>Semester 1 Menu</h2> <p>September 4 - December 28</p> <p>Daily Continental Breakfast may consist of the following:</p> <ul style="list-style-type: none"> <li>waffles</li> <li>oatmeal</li> <li>whole wheat toast</li> <li>assorted muffins</li> <li>multigrain bagels</li> <li>whole wheat English muffins</li> <li>assorted cereals</li> <li>yogurt</li> <li>fresh fruit salad</li> <li>multigrain cereal bars</li> </ul> <p>Fresh fruit and water are provided for all age groups throughout the entire day.</p> <p>Menu adaptations are based on individual age groups.</p> <p><b><u>DID YOU KNOW...?</u></b>  <i>Honey is the only edible food for humans that doesn't go bad. Also, it takes 12 honeybees to produce one tablespoon of honey.</i></p>
Roasted Turkey Breast with Pan Gravy Garlic Mashed Potatoes Baby Corn	Cheesy Bean Noodle Casserole Garden Salad Dinner Rolls	Baked Salmon Bites Vegetable Fried Rice Yellow Wax Beans	Beef Meatloaf Fingerling Potatoes Maple Glazed Carrot Coins	Chicken Parmesan Basil Spaghetti Steamed Broccoli	
Graham Wafers with Cream Cheese and Granny Smith Apples	Yogurt with Granola and Blueberries	Ritz Crackers and Wowbutter with Golden Pineapple Chunks	Cheesy Garlic Fingers	Zucchini Loaf	
Hearty Minestrone Soup with Rice Baked Cheddar Panini	Beef Bolognese Spaghetti Roasted Zucchini	Turkey Schnitzel Herbed Penne Kernel Corn	Honey Garlic Chicken Thighs Steamed Brown Rice Petite Peas	Breaded Haddock Couscous Sunrise Vegetable Blend	
Cereal Trail Mix with Mandarin Wedges and Yogurt	Baked Spring Rolls with Plum Sauce	Cucumber Slices with Hummus and Pretzels	Cantaloupe with Cheese Slices and Assorted Crackers	Toasted Naan Bites with Red Pepper Spread	
Breaded Sole Fingers Fried Rice California Mix Vegetables	Chicken Filets Red Potatoes Cucumber Slices with Honey Mustard Dip	Baked Beef Casserole Broccoli Florets Dinner Rolls	Turkey Sausages Vegetable Risotto Herbed Carrots	Bowtie Primavera Warm Pita Wedges Caesar Salad	
Oven Baked Focaccia with Herb and Garlic Spread	Yogurt with Ginger Snaps	Nachos with Queso and Salsa	Cheddar Bruschetta	Apple Chips with Sliced Peaches	
Shepherd's Pie Prince Edward Vegetable Medley	Turkey Thighs Steamed Brown Rice Green Beans	Rainbow Tortellini with Vegetable Bean Bolognese Warmed Garlic Baguette	Baked Cod Nuggets Diced Hash Browns Oriental Blend Vegetables	Cream of Chicken Soup Goldfish Crackers Cucumber Slices	
Cucumber and Red Pepper Slices with Ranch Dip and Multigrain SunChips	Perogies with Sour Cream	Yogurt with Mixed Berries and Digestive Cookies	Seedless Grapes with Cheese Cubes and Crackers	Pizza Bites	

