

Spring Menu (March, April, May)

2% Milk served for 20 months and up (Asia, Antarctica, Australia and Africa Rooms, North & South America Summer Lunch Program Children)

3% Milk served to under 20 months (Europe Rooms)

Blue=Dairy Allergy Substitute

Red=Meat Substitute (Tofu, Ground Round, TVP-Textured Vegetable Protein, Tin Fish, Beans, Lentils, Veggie/Veggie Ham/Round)

Green= Gluten Allergy Substitute

Yellow=Egg Allergy Substitute

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack Available 6:30am- 8:30am	<p><u>Cereal Selection</u> Bran Flake with Raisins, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i></p>	<p><u>Flax Pancakes & Fruit</u> Pancake Mix Ground Flax Seeds Seasonal Fruit Water</p>	<p><u>Oatmeal & Fruit</u> Oats Frozen Fruit Puree Water</p>	<p><u>Toast & Fruit</u> Whole Wheat Bread <i>(Gluten Free Bread)</i> Margarine <i>(Dairy Free Spread)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i></p>	<p><u>Cereal Selection</u> Bran Flake with Raisins, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i></p>
Lunch 11:15am- 12:00pm	<p><u>Eggs & Toast</u> Hard Boiled Egg Slices/Scrambled <i>(Baked Beans)</i> Whole Wheat Toast Slices <i>(Gluten Free Bread)</i> Ketchup Seasonal Fruit Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Sweet and Sour Chicken & Rice</u> Chicken Breast/Thigh <i>(Tofu Chunks)</i> Sweet & Sour Sauce Diced Peppers Tinned Pineapple Chunks White & Brown Rice Medley Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Beef Stroganoff</u> Ground Beef <i>(Ground Round, TVP, Lentils)</i> Egg Noodles <i>(Rice Noodles)</i> Plain Cream Cheese <i>(Dairy Free Dip)</i> Beef Broth <i>(Veggie Stock)</i> Frozen Peas (In) Fresh Mushrooms (In) Seasonal Vegetables Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Salmon & Salad</u> Tinned Salmon <i>(Ground Round)</i> Wild Rice & Barley Salad Garlic Powder Onion Powder Cooked Broccoli Seasonal Vegetables Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Inside Out Stuffed Peppers</u> Ground Turkey <i>(Ground Round)</i> Diced Peppers (In) Minced Onions (In) Brown Rice Tomato Paste Beef Stock <i>(Vegetable Stock)</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Seasonal Vegetables Milk & Water <i>(Soy/Rice)</i></p>
Pm Snack 2:30-3:15pm	<p><u>Cukes'N'Cakes</u> Variety Rice Cakes Cucumber Circles Water</p>	<p><u>Fruit Dippers</u> Seasonal Fruit Yogurt Dip <i>(Dairy Free Yogurt)</i> Water</p>	<p><u>Power Balls & Fruit</u> Wow butter Oats Raisins Dates Flax/Chia Seeds Seasonal Fruit Water</p>	<p><u>Seeds & Cheese</u> Unsalted Sunflower Seeds (Shelled) <i>(Whole Wheat Crackers For Europe & Asia Rooms)</i> Cheese Cubes Seasonal Vegetables Water</p>	<p><u>Strawberry Banana Muffins</u> Bananas Frozen Strawberries Muffin Mix (Whole wheat flour, baking powder, sugar, salt, eggs, milk, butter) <i>(Gluten Free Banana Bread)</i> Eggs <i>(Granola Bar)</i> Water</p>

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack Available 6:30am- 8:30am	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Flax Pancakes & Fruit</u> Pancake Mix Ground Flax Seeds Seasonal Fruit Water	<u>Oatmeal & Fruit</u> Oats Frozen Fruit Puree Water	<u>Toast & Fruit</u> Whole Wheat Bread <i>(Gluten Free Bread)</i> Margarine <i>(Dairy Free Spread)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Flax Pancakes & Fruit</u> Pancake Mix Ground Flax Seeds Seasonal Fruit Water
Lunch 11:15am- 12:00pm	<u>Vegetarian Quiche</u> Pastry Tart Shells <i>(Gluten Free Bread)</i> Eggs <i>(omit for allergy)</i> <i>(Veggie "Ham" Pieces)</i> Diced Peppers (In) Spinach (In) Shredded Cheese <i>(Dairy Free Cheese)</i> Seasonal Fruit Milk & Water <i>(Soy/Rice)</i>	<u>Grilled Pork, Apple & Cheese Sandwiches</u> Whole Wheat Bread Shredded Apples Shredded Cheese <i>(Dairy Free Cheese)</i> Ground Pork <i>(Ground Round)</i> Margarine <i>(Vegan Spread)</i> Seasonal Vegetables Milk & Water <i>(Soy/Rice)</i>	<u>Penne Pomodoro Beef</u> Ground Beef <i>(Ground Round)</i> Tinned Diced Tomato Tomato Paste White & Whole Wheat Pasta Blend Garlic Onion Powder Dried Basil Seasonal Fruit Milk & Water <i>(Soy/Rice)</i>	<u>Cheesy Broccoli Quinoa & Ham</u> Quinoa & Brown Rice Medley Broccoli Chunks Ham Cubes <i>(Veggie "Ham")</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Seasonal Vegetables Milk & Water <i>(Soy/Rice)</i>	<u>Chicken, Corn Chowder & Buns</u> Chicken Breast/Thigh Pieces <i>(Tofu Chunks)</i> Diced Potato Frozen Corn Fresh Carrot Pieces Chicken Stock <i>(Veggie Stock)</i> Heavy Cream <i>(Omit for Allergy)</i> Variety Whole Wheat Bread/Buns <i>(Gluten Free Bread)</i> Milk & Water <i>(Soy/Rice)</i>
Pm Snack 2:30-3:15pm	<u>Ants on a Log</u> Celery Sticks (Apples for younger rooms) Wow Butter Raisins Water	<u>Chic Pea Poppers & Vegetables</u> Roasted Crunchy Chic Peas (Hummus Dip For Europe Room) Variety Seasonings Seasonal Vegetables Water	<u>Sticks & Smoothies</u> Frozen Vanilla Yogurt <i>(Sorbet)</i> Frozen Fruit Milk <i>(Soy/Rice)</i> Breadsticks <i>(Gluten Free Pretzels/Crackers)</i> Water	<u>Frozen Yogurt Bars</u> Variety Yogurt Frozen Fruit Graham Crackers Water	<u>Crackers & Cheese</u> Rice Crackers Cream Cheese <i>(Dairy Free Spread)</i> Water

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack Available 6:30am- 8:30am	<p><u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i></p>	<p><u>Flax Pancakes & Fruit</u> Pancake Mix Ground Flax Seeds Seasonal Fruit Water</p>	<p><u>Oatmeal & Fruit</u> Oats Frozen Fruit Puree Water</p>	<p><u>Toast & Fruit</u> Whole Wheat Bread <i>(Gluten Free Bread)</i> Margarine <i>(Dairy Free Spread)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i></p>	<p><u>Oatmeal & Fruit</u> Oats Frozen Fruit Puree Water</p>
Lunch 11:15am- 12:00pm	<p><u>Red Lentil Soup & Cheesy Spinach Buns</u> Dried Red Lentils Vegetable Stock Diced Carrots Diced Celery Minced Onion Diced Potato Garlic Powder Onion Powder Whole Wheat Pasta Bisquick Mix Frozen Spinach Shredded Cheese <i>(Dairy Free Cheese)</i> Margarine <i>(Vegan Spread)</i> Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Chic Pea & Chicken Curry With Rice</u> Chicken Breast/Thigh <i>(Tofu Chunks)</i> Basmati Rice Tinned Chickpeas Butter Chicken Sauce/Curry Seasonings Seasonal Vegetables Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Beefy Cous Cous Skillet</u> Ground Beef <i>(Ground Round)</i> Cous Cous Diced Potatoes Shredded Cheese <i>(Dairy Free Cheese)</i> Taco Seasoning Fresh Tomatoes Whole Wheat Bread <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Spread)</i> Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Tuna Melts</u> Whole Wheat Hamburger Buns <i>(Gluten Free Bread)</i> Tinned Tuna <i>(Tofu Chunks)</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Seasonal Vegetable Margarine <i>(Vegan)</i> Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Turkey Rotini</u> Ground Turkey <i>(Ground round/Lentils/TVP)</i> Frozen Vegetables White & Whole Wheat Pasta <i>(Gluten Free Pasta)</i> Variety Condiments <i>(Dairy Free Dressing)</i> Milk & Water <i>(Soy/Rice)</i></p>
Pm Snack 2:30-3:15pm	<p><u>Cukes & Cakes</u> Mini Rice Cakes Cucumber Circles Water</p>	<p><u>Fruit Dippers</u> Seasonal Fruit Yogurt Dip <i>(Dairy Free Yogurt)</i> Water</p>	<p><u>Power Balls & Fruit</u> Wow butter Oats Raisins Dates Flax/Chia Seeds Seasonal Fruit Water</p>	<p><u>Applesauce & Dippers</u> Sweet Crackers Tinned Applesauce With Diced Fresh Apples Water</p>	<p><u>Teddy Bear Toast</u> Whole Wheat Bread <i>(Gluten Free Bread)</i> Banana Circles Raisins Wow Butter Water</p>

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack Available 6:30am- 8:30am	<p><u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i></p>	<p><u>Flax Pancakes & Fruit</u> Pancake Mix Ground Flax Seeds Seasonal Fruit Water</p>	<p><u>Oatmeal & Fruit</u> Oats Frozen Fruit Puree Water</p>	<p><u>Toast & Fruit</u> Whole Wheat Bread <i>(Gluten Free Bread)</i> Margarine <i>(Dairy Free Spread)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i></p>	<p><u>Toast & Fruit</u> Whole Wheat Bread <i>(Gluten Free Bread)</i> Margarine <i>(Dairy Free Spread)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i></p>
	<p><u>Vegetarian Tacos</u> Textured Vegetable Protein Whole Wheat Tortillas Shredded Cheese <i>(Dairy Free Cheese)</i> Diced Tomato Shredded Lettuce Taco Seasoning Seasonal Fruit Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Chicken Cesar Salad Sandwich</u> Shredded Chicken Breast/Thigh <i>(Tofu Chunks)</i> Cesar Salad Dressing (Side) <i>(Dairy Free Dressing)</i> Shredded Lettuce <i>(Cooked vegetables for younger rooms)</i> Whole Wheat Bread/Buns <i>(Gluten Free Bread)</i> Seasonal Fruit Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Gnocchi, Broccoli & Bean Bake</u> Potato Gnocchi Frozen Broccoli Tinned White Beans & Corn (Canellini Beans, Hominy) Shredded Cheese <i>(Dairy Free Cheese)</i> Tomato Sauce Minced Garlic Minced Onion Seasonal Vegetables Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Baby Black Bean & Lentil Burgers</u> Ground Beef <i>(TVP)</i> Black Beans Lentils Breadcrumbs <i>(Ground Chex)</i> Eggs <i>(omit for allergy)</i> Garlic Powder Onion Powder Whole Wheat Hamburger Buns <i>(Gluten Free Bread/Buns)</i> Seasonal Vegetables Ketchup Mustard Relish Milk & Water <i>(Soy/Rice)</i></p>	<p><u>Bowl Egg Rolls</u> Ground Pork <i>(Ground Round/Lentils)</i> Shredded Cabbage Diced Carrots Bean Sprouts Water Chestnuts Green Onion Crispy Won Ton Wrapper Pieces <i>(Omit for Gluten)</i> Soya Sauce Small Shaped White Pasta <i>(Gluten Free Pasta)</i> Milk & Water <i>(Soy/Rice)</i></p>
Pm Snack 2:30-3:15pm	<p><u>Fruit & Chia Muffins</u> Seasonal Fruit Variety Muffin Mix Chia Seeds <i>(Gluten Free Banana Bread)</i> Water</p>	<p><u>Wedges & Ham</u> Russet Potato Slices Garlic Powder Olive Oil Diced Thin Ham Water</p>	<p><u>Crackers & Cheese</u> Rice Crackers Cream Cheese <i>(Dairy Free Spread)</i> Water</p>	<p><u>Fruit Nachos</u> Toasted Whole Wheat Pita Pieces Cinnamon & Butter Drizzle Chopped Fruit Salsa Water</p>	<p><u>Pizza Crackers</u> Whole Wheat Crackers <i>(Rice Crackers)</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Tomato Sauce Water</p>