



Spring Menu

● Morning Snack
 ● Main Item
 ● Afternoon Snack

Monday

- Lemon Berry Loaf
- Pesto Pasta
- Rice Cake with Cream Cheese & Jam

Monday

- Applesauce Oatmeal Bars
- Mac & Cheese
- Hummus & Pita

Tuesday

- Yogurt & Berries
- Chicken Noodle Soup
- Potato Salad

Tuesday

- Graham Cracker & Yogurt
- Grilled Cheese
- Greek Salad

Wednesday

- Chia Seed Pudding
- Chicken Quesidilla
- Turkey Pinwheel

Wednesday

- Melon & Yogurt
- Chicken Stir Fry
- Fruit Smoothie

Thursday

- Homemade Pancakes
- Meatballs & Garlic Bread
- Vegetarian Spring Rolls

Thursday

- Bagel & Cream Cheese
- Turkey Bunwich
- Oat & Honey Bars

Friday

- Cocoa Pudding
- Cheese Pizza
- Lemon Energy Balls

Friday

- Applesauce & Cheese
- Beef Slider
- Coconut Date Balls

Meals are subject to change.
 Does not include any allergy or dietary substitutions

Ingredients List

Lemon Berry Loaf

Ingredients

Baking Powder, Butter, Eggs, Flour, Frozen Berries, Lemon Juice, Milk, Salt, Sugar, Vanilla

Pesto Pasta

Ingredients

Chicken , Fusilli Noodles, Pesto Sauce



Pesto Pasta (Vegetarian)

Ingredients

Fusilli Noodles, Generic Veg, Pesto Sauce

Rice Cake Cream Cheese & Jam (PM Snack)

Ingredients

Cream Cheese, Jam, Rice Cakes

Yogurt & Berries

Ingredients

Frozen Berries, Vanilla Yogurt



Chicken Noodle Soup

Ingredients

Chicken Noodle Soup, Soda Crackers



Potato Salad (PM Snack)

Ingredients

Potato Salad

Chia Seed Pudding

Ingredients

Chia Seeds, Maple Syrup, Milk, Vanilla



Chicken quesadilla

Ingredients

Chicken , Mild Salsa, Shredded Mozzarella, Shredded Tex Mex Cheese, Tortilla



Turkey Pinwheel Snack Tray (PM Snack)

Ingredients

Cranberry Sauce, Cream Cheese, Deli Turkey, Spinach (Washed & Trimmed), Tortilla

Ingredients List

Meatballs with Garlic Bread

Ingredients

House Made Garlic Bread, Marinara, Meatballs

Grilled Cheese

Ingredients

Cheese Slices, Margarine, Whole Wheat Bread Slice

Spring Rolls (PM Snack)

Ingredients

Plum Sauce, Spring Rolls

Cocoa Pudding

Ingredients

Cocoa Powder, Corn Starch, Maple Syrup, Milk, Salt, Vanilla

Cheese Pizza

Ingredients

Marinara, Naan, Shredded Mozzarella, Shredded Tex Mex Cheese

Lemon Energy Balls (PM SNACK)

Ingredients

Chia Seeds, Dates (Pitted), Lemon Juice, Oats (Steel Cut)

Hummus & Pita (PM SNACK)

Ingredients

Hummus Dip, Naan

Pancakes

Ingredients

Apple sauce, Baking Powder, Baking Soda, Eggs, Flour, Maple Syrup, Milk, Salt, Vanilla

