

November 2022








* Fruit for snack and lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese or Turkey Sandwich & Veggies Fruit	Rice w Bean Eggplant String Bean Potato Honey Pepper Chicken	Pizza Veggies Fruit	Lo Mein Broccoli/ Cauliflower Tofu Pumpkin/ Sweet Potato Chicken Tender	Veggie Pasta Bake & Fruit



October 2022

* Fruit for snack and lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Grille Cheese Sandwich Veggies and Fruit	Lo Mein String Bean, Potato & Eggplant General Tso's Chicken	Pizza Veggies and Fruit	Rice with Broccoli, pumpkin Snow Pea Teriyaki Chicken	Veggie Pasta Bake Fruit
	 		 	

September 2022

* Fruit for snack and lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Grill Cheese with Veggie Sandwich	Creamy Veggie Pasta		Veggie Lo Mein	Veggie Pasta Bake
Grill Cheese w Veggie & Chicken Sandwich	Creamy Chicken Pasta	Pizza	Veggie w Chicken Lo Mein	Chicken Pasta Bake



Notes for Menu

1. Each meal has these four food groups:
 - 1.1. **Vegetables:** Pepper, Broccoli, Cucumber, Celery, Tomatoes, Carrots, Spinach, Mushroom, Lettuce, Bean Sprout, Green bean
 - 1.2. **Fruits:** Melon, Apple, Avocado, Pineapple, Bananas, Strawberries, Blueberries, Kiwi, Mango, Oranges, Cantaloup, Papaya
 - 1.3. **Grains:** Pasta, Rice, Bread, Bagels, Sweet Potatoes, Potatoes, Corn Bread, Corn
 - 1.4. **Proteins:** Cheese, Beans, Tofu, Meat, Eggs
2. We provide vegetarian choice every day.
3. We encourage children to try variety of food. Yet, please feel free to provide your own lunch if the child does not eat the meal in the menu.

