

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Sandwich OR Burger/ fries	Naan Chickpeas Yogurt	Pizza	Rice Chicken/ Tofu/ Mixed vegetables	Pasta / Noodles
Fresh Fruits	Fresh Fruits Valentines day Special on 14 February (Pancakes) chocolate dip strawberries	Fresh Fruits	Fresh Fruits	Fresh Fruits



January 2023

* Fruit & Vegetable for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grilled Cheese or Turkey Sandwich</p>	<p>Rice w Bean Asian style Mix Vegetable: String Bean, carrot, potato</p> <p>Dark Sauce Chicken</p>	<p>Pizza</p> <p>Celebrate Chinese New Year Party: Dumpling Sticky rice cake Asian Pan Cake Egg Pastry</p>	<p>Rice / Dumpling Asian style Mix Vegetable: Broccoli Eggplant Tofu</p> <p>Teriyaki Chicken</p>	<p>Veggie Tofu / Chicken Fried Rice / noodle</p> <p>Or Baked Ziti</p>



Notes for Menu



1. Each meal has these four food groups:
 1. **Vegetables:** Pepper, Broccoli, Cucumber, Celery, Tomatoes, Carrots, Spinach, Mushroom, Lettuce, Bean Sprout, Green bean
 2. **Fruits:** Melon, Apple, Avocado, Pineapple, Bananas, Strawberries, Blueberries, Kiwi, Mango, Oranges, Cantaloup, Papaya
 3. **Grains:** Pasta, Rice, Bread, Bagels, Sweet Potatoes, Potatoes, Corn Bread, Corn
 4. **Proteins:** Cheese, Beans, Tofu, Meat, Eggs
1. We provide vegetarian choice every day.
2. 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.

