

# The Schoenbaum Family Center

## Spring-Summer Menu 2018

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**Week 1 of 4**

**Weeks of: May 07, Jun 04, July 02, July 30, Aug 27, Sept 24, Oct 22**

<b>Meal Period</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Milk Apples Oatmeal (HM)	Milk Pears Scrambled Eggs Biscuits	Milk Fruit and Yogurt Smoothies (HM) Soft Granola Bar (HM)	Milk Applesauce Waffle Sticks	Milk Banana-Berry Blend Yogurt Granola(HM)
<b>Lunch</b>	Milk Cheese Quesadilla (HM) Whole Wheat Tortillas Beans and Corn Oranges Bananas (I&T)	Milk Chicken Salad (HM) WW Burger Bun Broccoli Pineapple	Milk Roast Chicken Breast WW Pasta Eggplant and Mushrooms Honeydew Melon	Milk Beef/Lamb Gyro WW Pita Cauliflower Cantaloupe Melon	Milk Soy Ginger Chicken (HM) Brown Rice Stir-fried Vegetables Watermelon
<b>Snack</b>	Bananas Nut Free Trail Mix	Sliced Apples Vanilla Greek Yogurt	Marinara Whole grain Garlic Breadsticks	Soft Pretzel Bites Cheese Cubes	Apple slices Cheese Crackers

**Parents: The kitchen prepares a variety of freshly prepared vegetarian and vegan entrees including whole grains, beans, soy protein, tofu, seitan, tempeh and vegetable patties. All grain items are at least 50% whole grain.**

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## Spring-Summer Menu 2018

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**Week 2 of 4**

**Weeks of: May 14, June 11, Jul 09, Aug 06, Sept 03, Oct 01, Oct 29**

<b>Meal Period</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Milk Bananas Cheerios	Milk Apples Asst. Muffins (HM)	Milk Banana-Berry Blend Whole Oat Muesli (HM)	Milk Applesauce Pancakes (HM)	Milk Oranges Bananas (I&T) Corn Flakes
<b>Lunch</b>	Milk Cheese Pizza(HM) Cauliflower Grapes	Milk Rst Turkey(HM) WW Pasta Salad Green Beans Sliced Pears	Milk Chicken Shawarma (HM) Orzo Roasted Vegetables Honeydew Melon	Milk Beef Bulgogi (HM) Brown Rice Broccoli Cantaloupe Melon	Milk Chicken Bratwurst Whole Wheat Hot Dog Bun Sweet Potatoes Green Peas Melon Blend
<b>Snack</b>	Salsa and Bean Dip Tortilla Chips Pita (I&T)	Grapes Whole Wheat Crackers Cheese Cubes	Sliced Pears Banana Bread	Apple Slices Toasted Cheddar Flatbread	Banana Slices Graham Crackers

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## Spring-Summer Menu 2018

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### Week 3 of 4

Weeks of: May 21, June 18, Jul 16, Aug 13, Sept 10, Oct 08

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Apples Oatmeal (HM)	Milk Pears Scrambled Eggs Biscuits	Milk Fruit and Yogurt Smoothies (HM) Soft Granola Bar (HM)	Milk Applesauce Waffle Sticks	Milk Banana-Berry Blend Yogurt Granola (HM)
<b>Lunch</b>	Milk Cheese Ravioli Rst Chicken Brst Alfredo Sauce(HM) Green Peas Peaches	Milk Beef Tri Tip (HM) Potato Wedges Green Beans Cantaloupe	Milk Rst Chicken (HM) Couscous Carrots Pineapple	Milk Pork Italian Sausage (HM) WW Pasta Broccoli Honeydew Melon	Milk Beef Tacos(HM) Whole Grain Tortillas Corn Melon Blend
<b>Snack</b>	Bananas Nut Free Trail Mix	Sliced Apples Vanilla Greek Yogurt	Marinara Whole grain Garlic Breadsticks	Soft Pretzel Bites Cheese Cubes	Apple slices Cheese Crackers

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## Spring-Summer Menu 2018

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**Week 4 of 4**

**Weeks of: May 28, June 25, Jul 23, Aug 20, Sept 17, Oct 15**

<b>Meal Period</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Milk Bananas Cheerios	Milk Apples Asst. Muffins (HM)	Milk Banana-Berry Blend Whole Oat Muesli (HM)	Milk Applesauce Pancakes (HM)	Milk Oranges Bananas (I&T) Corn Flakes
<b>Lunch</b>	Milk Grilled Cheese(HM) Whole Wheat Bread Vegetable Soup (HM) Grapes	Milk Smoked Pork Shoulder Baked Beans Rice Corn Melon Blend	Milk Tikka Chicken(HM) Brown Basmati Rice Cauliflower Honeydew and Blueberries	Milk Beef Meatball (HM) WW Pasta and Marinara Grn Beans Melon Blend	Milk Breaded Cod Fillet Whole Wheat Dinner Roll Rst Redskins Potatoes Green Peas Peaches
<b>Snack</b>	Salsa and Bean Dip Tortilla Chips Pita (I&T)	Grapes Whole Wheat Crackers Cheese Cubes	Sliced Pears Banana Bread	Apple Slices Toasted Cheddar Flatbread	Banana Slices Graham Crackers

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