

# The Schoenbaum Family Center

## Spring-Summer Menu 2017

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### Week 1 of 4

Weeks of: May 15, Jun 12, July 10, Aug 07, Sept 04, Oct 02, Oct 30

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Apples Oatmeal (HM)	Milk Pears Scrambled Eggs Biscuits	Milk Orange Wedges Bananas (I&T) Cheerios	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 Turkey Burger (HM) WW Burger Bun Broccoli Pineapple	Milk Roast Chicken Breast (HM) WW Pasta with Alfredo Sauce Green Beans 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	Sliced Pears Graham Crackers	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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**Week 2 of 4**

**Weeks of: May 22, Jun 19, Jul 17, Aug 14, Sept 11, Oct 09**

<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 Rst Chicken Breast(HM) WW Pasta Marinara Eggplant and Mushrooms 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 Animal Crackers

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**Week 3 of 4**

**Weeks of: May 01, May29, Jun 26, Jul 24, Aug 21, Sept 18, Oct 16**

<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 Orange Wedges Bananas (I&T) Cheerios	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 Carne Asada Beef (HM) Potato Wedges Corn and Peppers Cantaloupe	Milk Chicken Salad (HM) WW Burger Bun Sugar Snap Peas Pineapple	Milk Pork Stew(HM) Brown Rice Broccoli Honeydew Melon	Milk Beef Tacos(HM) Whole Grain Tortillas Corn and Peppers Melon Blend
<b>Snack</b>	Bananas Nut Free Trail Mix	Sliced Apples Vanilla Greek Yogurt	Sliced Pears Graham Crackers	Soft Pretzel Bites Cheese Cubes	Apple slices Cheese Crackers

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## Spring-Summer Menu 2017

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### Week 4 of 4

Weeks of: May 08, Jun 05, July 03, Jul 31, Aug 28, Sept 25, Oct 23

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Bananas Cheerios	Milk Apples Asst. Muffins (HM)	Milk Banana-Berry Blend 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 Grapes	Milk Beef MeatBalls (HM) WW Pasta Green Beans Cantaloupe Melon	Milk Tikka Chicken(HM) Brown Basmati Rice Cauliflower Honeydew and Blueberries	Milk Rst Pork loin (HM) WW Dinner Roll Rice 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 Animal Crackers

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