

The Schoenbaum Family Center

Fall-Winter Menu 2017-2018

Week 1 of 4

Weeks of: Oct 02, Oct 30, Nov 27, Dec 25, Jan 22, Feb 19, Mar 19

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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)
Lunch	Milk Cheese Quesadilla (HM) Whole Wheat Tortillas Beans and Corn Oranges Bananas (I&T)	Milk Beef Burger (HM) WW Burger Bun Broccoli Pineapple	Milk Roast Chicken Breast (HM) Rice Noodles Carrots Honeydew Melon	Milk Beef/Lamb Gyro WW Pita Cauliflower Cantaloupe Melon	Milk Soy Ginger Chicken (HM) Brown Rice Stir-fried Vegetables Watermelon
Snack	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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Week 2 of 4

Weeks of: Oct 09, Nov 06, Dec 04, Jan 01, Feb 26, Mar 26

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Lunch	Milk Cheese Pizza(HM) Cauliflower Grapes	Milk Rst Turkey(HM) WW Dinner Roll Brn Rice 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
Snack	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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Week 3 of 4

Weeks of: Oct 16, Nov 13, Dec 11, Jan 08, Feb 05, Mar 05

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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)
Lunch	Milk Cheese Ravioli Rst Chicken Brst Alfredo Sauce(HM) Green Peas Peaches	Milk Beef Brisket (HM) Potato Wedges Corn Cantaloupe	Milk Rst Chicken (HM) Couscous Carrots Pineapple	Milk Turkey Stew(HM) Dinner Roll Broccoli Honeydew Melon	Milk Beef Tacos(HM) Whole Grain Tortillas Corn and Peppers Melon Blend
Snack	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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Week 4 of 4

Weeks of: Oct 23, Nov 20, Dec 18, Jan 15, Feb 12, March 12

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Lunch	Milk Grilled Cheese(HM) Whole Wheat Bread Vegetable Soup Grapes	Milk Pork Italian Sausage (HM) WW Pasta Corn Melon Blend	Milk Tikka Chicken(HM) Brown Basmati Rice Cauliflower Honeydew and Blueberries	Milk Turkey Meatball (HM) WW Dinner Roll Rice Grn Beans Melon Blend	Milk Breaded Cod Fillet Whole Wheat Dinner Roll Rst Redskins Potatoes Green Peas Peaches
Snack	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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