

# The Schoenbaum Family Center

## Autumn Winter Menu 2018-19

---

**Week 1 of 4**

**Weeks of: Nov 26, Dec 24, Jan 21, Feb 18, Mar 18, April 15**

<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 Chili (HM) Cornbread (HM) Peas Pineapple	Milk Roast Chicken Breast 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
<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.**

# The Schoenbaum Family Center

## Autumn Winter Menu 2018-19

---

### Week 2 of 4

Weeks of: Nov 5, Dec 3, Dec 31, Jan 28, Feb 25, Mar 25, April 22

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<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) Dinner Roll Potatoes 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

**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.

---

# The Schoenbaum Family Center

## Autumn Winter Menu 2018-19

---

### Week 3 of 4

Weeks of: Nov 12, Dec 10, Jan 7, Feb 4, Mar 4, April 1, April 29

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 Brisket (HM) Potatoes 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

**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.**

# The Schoenbaum Family Center

## Autumn Winter Menu 2018-19

---

### Week 4 of 4

Weeks of: Nov 19, Dec 17, Jan 14, Feb 11, Mar 11, April 8

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<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 Rstd Pork Loin Brown Rice Root Vegetable Blend Melon Blend	Milk Tikka Chicken(HM) Brown Basmati Rice Cauliflower Honeydew and Blueberries	Milk Turkey Stew (HM) WW Dinner Roll 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

**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.