

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)	Continental Breakfast* Seasonal fruits* Dairy (milk/cheese)	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)
Lunch	Baked Macaroni & Cheese 6 Bean Salad Seasonal fruits** Dairy (milk/cheese) Substitutions available for allergies & intolerances	Mexican Brown Rice Casserole Caesar Salad Seasonal fruits** Dairy (milk/cheese) Halal/Chicken option available	Moroccan Turkey and Cous Cous w/ Honey Glaze Carrots Seasonal fruits** Dairy (milk/cheese) Halal option available	Tricolor Pasta w/ Roasted Garlic and Sweet Pepper Fish Fillets Sliced Cucumbers Seasonal fruits** Dairy (milk/cheese) Ground Chicken/Beef sauce available for allergies & intolerances	Beef Cheeseburger Raw Veggies***with Dip Seasonal fruits** Dairy (milk/cheese) Halal/Chicken option available
Snack	Apple Sauce Goldfish Dairy (milk/cheese)	Homemade Trail Mix (Assorted Cereal and Dried Fruit) Fruit Yogurt/Seasonal fruits** Dairy (milk/cheese)	Granola Bar Seasonal fruits** Dairy (milk/cheese)	Assorted Muffins Seasonal Fruits** Dairy (milk/cheese)	Popcorned Chips and Clementine Dairy (milk/cheese)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)	Continental Breakfast* Seasonal fruits** Dairy (milk/cheese)
Lunch	BBQ Vegetarian Shepherd's Pie Raw veggies**** Salad Seasonal fruits** Dairy (milk/cheese) Substitutions available for allergies & intolerances	Teriyaki Fried Rice (Ground Chicken, bean sprouts and water chestnuts) Raw veggies**** Seasonal fruits** Dairy (milk/cheese) Halal/Chicken option available	Buckwheat and Chicken Ragu` Steamed Veggies*** Seasonal fruits** Dairy (milk/cheese) Halal/Chicken option available	Salmon and Arugula Focaccia Raw Veggies**** Salad Seasonal fruits** Dairy (milk/cheese) Ground Meat with rice available for allergies & intolerances	Tossed Chicken Salad with Chick Peas Toasted Garlic Bread Seasonal fruits** Dairy (milk/cheese) Halal option available
Snack	Naan + Cheese Cubes Seasonal fruits** Dairy (milk/cheese) Substitutions available for allergies & intolerances	Ritz Cracker Cheese Combo Seasonal Fruits ** Dairy (milk/cheese)	Cucumbers and Assorted Dip Whole Grain Crackers Dairy (milk/cheese)	Assorted bread loafs Seasonal Fruits** Dairy (milk/cheese)	Whole grain Nachos and assorted dips Dairy (milk/cheese)

* Continental breakfast may include:	scrambled eggs, bagels, cream cheese, jams, assorted cheese, yogurt, cereals, pancakes, oatmeal, croissant, waffles, raisin bread, English muffins, mixed fruit smoothies
**Seasonal fruit may include:	Apple, honeydew, watermelon, melons, cantaloupes, pear, pineapples, grape, banana, strawberry, plums, clementine, oranges, peaches, kiwi and seasonal berries
*** Steamed veggies may include:	Carrots, cauliflower, broccoli, peas, beans, corn,
****Raw veggies may include:	Cucumbers, carrots, and celery, peppers, broccoli

PLEASE NOTE: Cold Salad may include mixed spring greens, romaine lettuce, spinach and kale, cucumbers, carrots, tomatoes and a nut-free light dressing.