



Snack & Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7. SNACK: BUTTERED TOAST w/ JAM, MINI SAUSAGES, APPLE SLICES</p> <p>LUNCH: <u>EGG OVER CHICKEN FRIED RICE, STEAMED BROCCOLI, ORANGE</u></p>	<p>8 SNACK: SCRAMBLED EGGS, TATER TOTS, ORANGE</p> <p>LUNCH: <u>SPINACH SOUP w/ RICE, FISH CAKE(어묵), WHITE KIMCHI, PINEAPPLE</u></p>	<p>9. SNACK: SWEET POTATOES, EDAMAME, BANANA/ STRAWBERRIES</p> <p>LUNCH: <u>GRILLED CHEESE SANDWICH, CORN & CARROT, APPLE SLICES</u></p>	<p>10. SNACK: WAFFLES w/ MAPLE SYRUP, GO-GURT, APPLE SLICES</p> <p>LUNCH: <u>TERIYAKI CHICKEN w/ RICE, STEAMED BROCCOLI, WHITE KIMCHEE, MANDARINE ORANGES</u></p>	<p>11. SNACK: TOAST w/ BUTTER & JAM, SCRAMBLE EGGS, PINEAPPLES.</p> <p>LUNCH: <u>ORGANIC SPAGETTI w/ TURKEY MEATBALLS PICKLES, ORANGES</u></p>
<p>14. SNACK: HAM & CHEESE CROISSANT MANDARINE ORANGES</p> <p>LUNCH: <u>SALMON TERIYAKI, STEAMED BROCCOLI & CARROT, APPLE SLICES</u></p>	<p>15. SNACK: SCRAMBLED EGGS, OATMEALS W/RAISINS, PINEAPPLE CUBES</p> <p>LUNCH: <u>VEGETABLE CURRY w/ CHICKEN, RICE, PICKED RADISH, WHITE KIMCHI, APPLE SLICES</u></p>	<p>16. SNACK: PANCAKE WITH MAPLE SYRUP, MINI SAUSAGES, ORANGES</p> <p>LUNCH: <u>CHICKEN QUESADILLA W/ AVOCADO, STEAMED BROCCOLI, APPLE SLICES</u></p>	<p>17. SNACK: SWEET POTATOES, SAUSAGES, BLUEBERRIES & STRAWBERRIES</p> <p>LUNCH: <u>BULGOGI W/ RICE, WHITE KIMCHI, SEAWEED, APPLE SLICES</u></p>	<p>18. SNACK: HARD-BOILED EGGS, HONEY NUT CEREAL, MANDARINE ORANGES</p> <p>LUNCH: <u>FETTUCCINE w/ ALFREDO SAUCE STEAMED VEGGIES, GRAPES</u></p>

January Snack & Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21.</p> <p>CLOSED FOR THE OBSERVANCE OF MARTIN LUTHER KING JR.</p>	<p>22. SNACK: WAFFLE w/ MAPLE SYRUP, TATER TOTS, ORANGE</p> <p>LUNCH: SPINACH SOUP w/ RICE, FISH CAKE(어묵), WHITE KIMCHI, MANDARINE ORANGE</p>	<p>23. SNACK: SWEET POTATOES, YOGURT, ORANGE</p> <p>LUNCH: GRILLED CHEESE SANDWICH, CORN & PEAS, APPLE SLICES</p>	<p>24. SNACK: BREAD w/ JAM, MINI SAUSAGE, APPLE SLICES</p> <p>LUNCH: ORGANIC OVEN BAKED CHICKEN, JASMINE FRIED RICE, WHITE KIMCHEE, MELON</p>	<p>25. SNACK: OATMEALS W/ RAISINS, SCRAMBLED EGGS, APPLE SLICES</p> <p>LUNCH: ORGANIC SPAGETTI w/ TURKEY MEATBALLS PICKLE, ORANGE</p>
<p>28. SNACK: PANCAKE w/ MAPLE SYRUP, APPLE CHICKEN SAUSAGES, ORANGE</p> <p>LUNCH: MAC & CHEESE, STEAMED BROCCOLI, CARROT STICKS, MELON</p>	<p>29. SNACK: FRENCH TOAST w/ MAPLE SYRUP, SCRAMBLE EGG, APPLE SLICES</p> <p>LUNCH: VEGETABLE UDON w/ CHICKEN, FRIED ZUCCHINI, SWEET POTATOES, ORANGE</p>	<p>30. SNACK: ENGLISH MUFFIN WITH HAM & CHEESE, APPLE SLICES</p> <p>LUNCH: RICE w/ FRIED TOFU, SEAWEED, WHITE KIMCHEE, CANTALOPE</p>	<p>31. SNACK: OATMEAL w/ RAISINS, YOGURT, APPLE SLICES</p> <p>LUNCH: TERIYAKI CHICKEN, RICE, STEAMED BROCCOLI, PINEAPPLE & ORANGES</p>	

EVERY SNACK MENU IS SERVED WITH 1% ORGANIC MILK(3-4 OZ). MAIN FOOD PORTION: 2.5 - 4 OZ. SNACK & LUNCH IS SERVED IN FAMILY STYLE MEALS

The above menu is subject to change slightly without further notice.