



# Snack & Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4. <b>SNACK:</b> BUTTERED TOAST w/ STRAWBERRY JAM, MINI SAUSAGES, APPLE SLICES</p> <p><b>LUNCH:</b> <u>DUMPLING SOUP IN HOMEMADE CHICKEN BROTH, STEAMED BROCCOLI, ORANGES</u></p>	<p>5. <b>SNACK:</b> SCRAMBLED EGGS, TATER TOTS, ORANGES</p> <p><b>LUNCH:</b> <u>DIM SUM.</u> (CHINESE NEW YEAR), <u>KOREAN VEGI NOODLES</u>, APPLE SLICES</p> <p>*SPECIAL RICE CAKE FOR PARENTS*</p>	<p>6. <b>SNACK:</b> SWEET POTATOES, EDAMAME, STRAWBERRIES</p> <p><b>LUNCH:</b> <u>GRILLED CHEESE SANDWICH</u>, CORN &amp; MINI CARROTS, APPLE SLICES</p>	<p>7. <b>SNACK:</b> WAFFLES, GO-GURT, APPLE SLICES</p> <p><b>LUNCH:</b> <u>TERIYAKI CHICKEN w/ RICE, STEAMED BROCCOLI</u>, WHITE KIMCHEE, MANDARINE ORANGES</p>	<p>1 / 8. <b>SNACK:</b> CHICKEN TACO, PINEAPPLE &amp; BANANA</p> <p><b>LUNCH:</b> <u>ORGANIC SPAGETTI w/ TURKEY MEATBALLS</u>, CARROT STICKS, PICKLES, ORANGES</p>
<p>11. <b>SNACK:</b> HAM &amp; CHEESE CROISSANT MANDARINE ORANGES</p> <p><b>LUNCH:</b> <u>FISH TEMPURA RADISH SOUP</u>, RICE, WHITE KIMCHI, APPLES SLICES</p>	<p>12. <b>SNACK:</b> SCRAMBLED EGGS, OATMEALS W/RAISINS, PINEAPPLE</p> <p><b>LUNCH:</b> <u>PORK KATSU W/ RICE</u>, TOMATO &amp; CUCUMBER SALAD W/ SWEET VINEGAR, APPLE SLICES</p>	<p>13. <b>SNACK:</b> PANCAKE WITH MAPLE SYRUP, MINI SAUSAGES, ORANGES</p> <p><b>LUNCH:</b> <u>CHICKEN QUESADILLA W/ AVOCADO</u>, STEAMED BROCCOLI, APPLE SLICES</p>	<p>14. <b>SNACK:</b> TOAST WITH BUTTER, MINI SAUSAGES, STRAWBERRIES ♥ HEART COOKIE</p> <p><b>LUNCH:</b> <u>SHORT RIB STEAK W/ RICE</u>, ZUCCHINI, SEAWEED, APPLE SLICES</p>	<p>15. <b>SNACK:</b> HARD-BOILED EGGS, HONEY NUT CEREAL, MANDARINE ORANGES</p> <p><b>LUNCH:</b> <u>FETTUCCHINE w/ ALFREDO SAUCE</u> STEAMED VEGGIES, GRAPES</p>

**\*ALL FOOD HANDLED AND PREPARED BY OUR CHEF WITH LOVE & PRIDE. FRIDAY SNACKS ARE NORMALLY RESERVED FOR PARENT VOLUNTEERS.**

# FEBRUARY Snack & Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18.</p> <p style="text-align: center;"><b>Closed</b></p> <p style="text-align: center;"><b>on</b></p> <p style="text-align: center;"><b>President's Day</b></p>	<p>19. <b>SNACK:</b> WAFFLE w/ MAPLE SYRUP, TATER TOTS, APPLE SLICES</p> <p><b>LUNCH:</b> SPINACH SOUP w/ RICE, FISH CAKE(어묵), WHITE KIMCHI, MANDARINE ORANGES</p>	<p>20. <b>SNACK:</b> SWEET POTATOES, YOGURT, ORANGE</p> <p><b>LUNCH:</b> GRILLED CHEESE SANDWICH, CORN &amp; PEAS, APPLE SLICES</p>	<p>21. <b>SNACK:</b> BREAD w/ JAM, MINI SAUSAGE, APPLE SLICES</p> <p><b>LUNCH:</b> JASMINE FRIED RICE w/ CHICKEN &amp; EGG, WHITE KIMCHEE, MANDARINE ORANGES</p>	<p>22. <b>SNACK:</b> OATMEALS w/ RAISINS, SCRAMBLED EGGS, APPLE SLICES</p> <p><b>LUNCH:</b> ORGANIC SPAGETTI w/ TURKEY MEATBALLS PICKLE, MANDARINE ORANGES</p>
<p>25. <b>SNACK:</b> PANCAKE w/ MAPLE SYRUP, APPLE CHICKEN SAUSAGES, ORANGE</p> <p><b>LUNCH:</b> MAC &amp; CHEESE, STEAMED BROCCOLI, CHICKEN SOUP, MELON</p>	<p>26. <b>SNACK:</b> FRENCH TOAST w/ MAPLE SYRUP, SCRAMBLE EGG, APPLE SLICES</p> <p><b>LUNCH:</b> NOODLE WITH BLACK PASTE, VEGETABLES: ONIONS, BABY SHRIMPS, ZUCCHINI, CARROTS, MANDARINE ORANGES</p>	<p>27. <b>SNACK:</b> CROISSANT WITH HAM &amp; CHEESE, APPLE SLICES</p> <p><b>LUNCH:</b> SAUTE COD IN OLIVE OIL, STRING BEANS, FRIED RICE WITH EGGS, WHITE KIMCHEE, GRAPES</p>	<p>28. <b>SNACK:</b> OATMEAL w/ RAISINS, YOGURT, APPLE SLICES</p> <p><b>LUNCH:</b> TERIYAKI CHICKEN, RICE, STEAMED BROCCOLI, PINEAPPLE</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.