



Snack & Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. SNACK: WAFFLE w/ MAPLE SYRUP, CHICKEN-APPLE-SAUSAGES, ORANGES</p> <p>LUNCH: <u>BULGOGI FRIED RICE, SALTED SEAWEED, TINY SEASONED ANCHOVIES, QUICHE, GRAPES</u></p>	<p>4. SNACK: FRENCH TOAST w/ ORGANIC MAPLE SYRUP, YOGURT, PINEAPPLE CUBES</p> <p>LUNCH: <u>FRIED DUMPLINGS, RICE W/ SEAWEED, STEAMED BROCCOLI, APPLE SLICES</u></p>	<p>5. SNACK: TURKEY & CHEESE ON BUTTERED CROISSANT, MANDARINE ORANGES</p> <p>LUNCH: <u>TERIYAKI CHICKEN W/ RICE, BROCCOLI, CARROTS & CORN, WATERMELON CUBES</u></p>	<p>6. SNACK: SCRAMBLED EGGS, CHICKEN-APPLE-SAUSAGES, FRESH SEASONAL FRUITS</p> <p>LUNCH: <u>JASMINE FRIED RICE W/ VEGETABLES & CHICKEN, WHITE PICKLED RADISH, MANDARINE ORANGES</u></p>	<p>7. SNACK: <u>PANCAKE WITH BUTTER & ORGANIC MAPLE SYRUP, CHEESE STICKS, WATERMELON CUBES</u></p> <p>LUNCH: <u>SPAGETTI WITH TURKEY MEATBALL, CARROT STICKS, VANILLA YOGURT, APPLE SLICES</u></p>
<p>10. SNACK: PANCAKE W/ BUTTER, CHICKEN-APPLE-SAUSAGES, ORGANIC STRAWBERRIES & BLUEBERRIES</p> <p>LUNCH: <u>SPINACH BEAN PASTE SOUP w/ TOFU, WHITE KIMCHEE/PICKED WHITE RADISH, APPLE SLICES</u></p>	<p>11. SNACK: TURKEY & CHEESE ON BUTTERED CROISSANT, MANDARINE ORANGES</p> <p>LUNCH: <u>RICE WRAPPED IN UNSEASONED SEAWEED LIGHT SPAM, SALTED QUAIL EGG, MANDARINE ORANGES</u></p>	<p>12. SNACK: WAFFLE WITH REAL ORGANIC MAPLE SYRUP, SCRAMBLED EGGS WITH DICED LIGHT SPAM, MANDARINE ORANGES</p> <p>LUNCH: <u>TERIYAKI CHICKEN W/ RICE, STEAMED BROCCOLI, APPLE SLICES</u></p>	<p>13. SNACK: TOAST WITH BUTTER OR JAM, CHICKEN-APPLE-SAUSAGES, GRAPES</p> <p>LUNCH: <u>FRIED RICE WITH EGGS & BROCCOLI, SEASONED SEAWEED, PICKED RADISH, APPLE SLICES</u></p>	<p>14. SNACK: GOGURT, CHICKEN NUGGETS, MANDARINE</p> <p>LUNCH: <u>CHEESE PIZZA, STEAMED VEGGIES, ORANGES</u></p>

<p>17. SNACK: WAFFLE w/ ORGANIC MAPLE SYRUP, CHICKEN-APPLE-SAUSAGES, ORGANIC STRAWBERRIES & BLUEBERRIES</p> <p>LUNCH: <u>SPINACH BEAN SOUP w/ TOFU, RICE, SEASONED ANCHOVIES, WHITE KIMCHI, APPLES SLICES</u></p>	<p>18. SNACK: FRENCH TOAST W/ MAPLE SYRUP, YOGURT, ORGANIC, WATERMELON CUBES</p> <p>LUNCH: <u>TERIYAKI CHICKEN W/ RICE, STEAMED BROCCOLI, MANDARINE ORANGES</u></p>	<p>19. SNACK: SWEET POTATOES, CHEESE STICKS, APPLE SLICES</p> <p>LUNCH: <u>SOBA NOODLES, PICKED RADISH, FRIED VEGETABLES, MANDARINE ORANGES</u></p>	<p>20. SNACK: WAFFLE w/ MAPLE SYRUP, CHEESE STICKS, PINEAPPLE</p> <p>LUNCH: <u>JASMINE FRIED RICE W/ SHRIMP & CHICKEN, PICKED RADISH, MANDARINE ORANGES</u></p>	<p>21. SNACK: SCRAMBLED EGGS, PEACH YOGURT, APPLE SLICES</p> <p>LUNCH: <u>GRILLED CHEESE SANDWICH, AVOCADO SLICE, CARROTS & CUCUMBER, CANTALOPE CUBES</u></p>
<p>24. SNACK: PANCAKE, TATER TOTS, ORGANIC STRAWBERRIES & BLUEBERRIES</p> <p>LUNCH: <u>CHICKEN FRIED RICE w/ VEGETABLES, CARROT STICKS, QUICHE, WATERMELON CUBES</u></p>	<p>25. SNACK: WAFFLE w/ ORGANIC MAPLE SYRUP, MINI SAUSAGES, ORGANIC STRAWBERRIES & BLUEBERRIES</p> <p>LUNCH: <u>SPINACH BEAN SOUP w/ TOFU, RICE, SEASONED ANCHOVIES, WHITE KIMCHI, APPLES SLICES</u></p>	<p>26. SNACK: HAM & CHEESE CROISSANT, APPLE SLICES</p> <p>LUNCH: <u>YELLOW CURRY RICE w/ VEGETABLES, WHITE PICKLED RADISH/WHITE KIMCHEE, GRAPES</u></p>	<p>27.</p> <p style="text-align: center;">CLOSED for GRADUATION</p>	<p>28.</p> <p style="text-align: center;">CLOSED 6/28 - 7/5/2019</p> <p style="text-align: center;">Summer Session Mon, 7/8 ~ 8/9/19</p>

Menu is subject to change slightly without an advance notice. Every menu is served with 1% or 2% organic milk (3-4oz.) family style.

FRIDAY SNACKS ARE NORMALLY RESERVED FOR PARENT VOLUNTEERS. MAIN FOOD PORTION: 2 - 4 OZ. Meals

served in a

