



LITTLE STAR BASICS PRESCHOOL JULY SNACKS/LUNCH MENU

7/8-7/12 & 7/22-7/26

Mon. 7/8 & 7/22 : Bean paste spinach soup with tofu, kimchee/white pickled radish, anchovies, seasonal fruits

Tues. 7/9. & 7/23 : Vegetable fried rice with chicken, seasonal fruits

Wed. 7/10 & 7/24 : Soba Noodles, seasonal fruits

Thurs. 7/11. & 7/25 : Rice, seaweed, seasoned anchovies, seasonal fruits

Fri. 7/12 & 7/26 : Cheese pizza, cucumber/carrot sticks, seasonal fruits

Brunch/Snack: Scrambled eggs, sausages, bagels or waffles or sweet potatoes, milk or orange juice, plus daily seasonal fruits

7/15-7/19, 7/29-8/2, 8/5-8/9

Mon. 7/15, 7/29, 8/5: Rice with beef (steak) steamed veggies, seasonal fruits

Tues. 7/15, 7/30, 8/6: Spaghetti, and veggies (squash & carrots), seasonal fruits

Wed. 7/16, 7/31, 8/7: Fried rice with eggs(7/17, 8/7), curry rice(7/31), dumplings, seasonal fruits

Thurs. 7/17, 8/1, 8/8: Teriyaki chicken with rice, steamed veggies, seasonal fruits

Fri. 7/18, 8/2, 8/9: Mac & Cheese(7/18, 8/9), Cheese pizza(8/2), steamed veggies, seasonal fruit

Brunch/Snack: Make your own parfait (frozen berries and bananas), granola, toast or sweet potatoes or tater tots, plus daily seasonal fruits

PM SNACKS

2:45pm: Crackers, carrot sticks, & water

4:30pm: Yogurt/cheese sticks, crackers, & water

*Seasonal fruits: berries, peaches, mango, grapes, etc.

*Drinks: 1% or 2% organic milk, 100% orange juice