AUGUST Snack & Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 SNACK: WAFFLE w/ ORGANIC MAPLE SYRUP, MINI SAUSSAGES, ORANGES **LUNCH:** FRIED RICE WITH SALTED SEAWEED, TINY SEASONED ANCHOVIES, SWEETENED FISH, GRAPES	**20 SNACK:** FRENCH TOAST w/ ORGANIC MAPLE SYRUP, MANGO CUBES **LUNCH:** KOREAN STYLE POTATO PANCAKE, MISO SOUP WITH & RICE, WHITE KIMCHEE, APPLE SLICES	**21 SNACK:** TURKEY & CHEESE ON BUTTERED CROISSANT, MANDARINE ORANGES **LUNCH:** TERIYAKI CHICKEN W/ RICE, SALTED SEAWEED, GREEN BEANS, WATERMELON CUBES	**22 SNACK:** SCRAMBLED EGGS, MIN-SAUSAGES, TATER TOTS, FRESH SEASONAL FRUITS **LUNCH:** JASMINE FRIED RICE W/ VEGETABLES & CHICKEN , WHITE PICKLED RADISH, MANDARINE ORANGES	**23 SNACK:** RITZ CRACKERS WITH HAM & CHEESE, WATERMELON CUBES **LUNCH:** SOBA NOODLES, WIH SAUCE, MISO SOUP, APPLE SLICES
26. SNACK: PANCAKE W/ O. MAPLE SYRUP, SCRAMBLED EGGS, STRAWBERRIES **LUNCH:** SPINACH BEAN PASTE SOUP w/ TOFU, WHITE KIMCHEE OR PICKED RADISH, SEASONED ANCHOVIES, APPLE SLICES	**27. SNACK:** TOAST WITH BUTTER & JAM, NAVEL ORANGES **LUNCH:** CHICKEN KATSU W/ SAUCE, RICE, PICKED WHITE RADISH, MANDARINE ORANGES	**28 SNACK:** WAFFLE WITH ORGANIC MAPLE SYRUP, SCRAMBLED EGGS, MANDARINE ORANGES **LUNCH** TERIYAKI CHICKEN W/ RICE, STEAMED BROCCOLI, SALTED SEAWEED, APPLE SLICES	**29 SNACK:** TOAST WITH BUTTER & STRAWBERRY JAM, MINI SAUSAGES, GRAPES **LUNCH:** , VEGETABLE FRIED RICE WITH EGGS, SEASONED SEAWEED, PICKED RADISH, APPLE SLICES	**30 SNACK:** CHICKEN NUGGETS, TATER TOTS(POTATOES), MANDARINE ORGANGES **LUNCH:** SOBA NOODLES, VEGETABLE TEMPURA, ORANGES

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

FRIDAY SNACKS ARE NORMALLY RESERVED FOR PARENT VOLUNTEERS.
MAIN FOOD PORTION: 2 - 4 OZ. Meals served in a family style.