



Brunch & Lunch Menu 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 & 18. SNACK: WAFFLE w/ ORGANIC MAPLE SYRUP, MINI SAUSAGES, APPLE SLICES</p> <p>LUNCH: <u>SEAWEED SOUP W/ TOFU, SWEETENED TINY ANCHOVIES, WHITE KIMCHEE, MELON CUBES</u></p>	<p>15 & 19 SNACK: FRENCH TOAST w/ ORGANIC MAPLE SYRUP, SEASONAL FRUITS</p> <p>LUNCH: <u>VEGETABLE CURRY RICE, PICKLED RADISH, APPLE SLICES</u></p> <p>19 GRILLED SALMON, RICE, STEAMED GREEN BEANS, SEASONAL FRUITS</p>	<p>6 & 20 SNACK: TURKEY & CHEESE ON BUTTERED CROISSANT, APPLE SLICES</p> <p>LUNCH: <u>KOREAN STYLED VEGETABLE RICE SEAWEED ROLL(김밥)</u> PICKLED RADISH, SEASONAL FRUITS</p>	<p>7 & 21 SNACK: SCRAMBLED EGGS, MIN-SAUSAGES, TATER TOTS, FRESH SEASONAL FRUITS</p> <p>LUNCH: <u>JASMINE FRIED RICE W/ VEGETABLES & CHICKEN , WHITE PICKLED RADISH, ORANGES</u></p>	<p>8 & 22 SNACK: MAKE YOUR OWN PARFAIT: YOGURT, FRUITS, UNSWEETENED CHEERIOS</p> <p>LUNCH: <u>SOBA NOODLES, WIH SAUCE, VEGETABLE TEMPURA, APPLE SLICES</u></p>
<p>11 & 25 SNACK: PANCAKE W/ O. MAPLE SYRUP, SCRAMBLED EGGS, STRAWBERRIES & BLUEBERRIES</p> <p>LUNCH: <u>SPINACH BEAN PASTE SOUP w/ TOFU, WHITE KIMCHEE OR PICKED RADISH, SEASONED ANCHOVIES, APPLE SLICES</u></p>	<p>12 & 26 SNACK: MINI STRAWBERRY JAM SANDI WICH W/ CHEESE, SEASONAL FRUITS</p> <p>LUNCH: <u>PORK DONKATSU, RICE, STEAMED CARROTS AND CORN, APPLE SLICES</u></p>	<p>13 & 27 SNACK: WAFFLE WITH ORGANIC MAPLE SYRUP, SCRAMBLED EGGS, ORANGES</p> <p>LUNCH <u>TERIYAKI CHICKEN W/ RICE, STEAMED BROCCOLI, APPLE SLICES</u></p> <p>27 Little Star Basics Family Potluck @ 12pm</p>	<p>14 & 28(no school) SNACK: TOAST WITH BUTTER & STRAWBERRY JAM, MINI SAUSAGES, GRAPES</p> <p>LUNCH: <u>SPAGETTI W/ ORGAINIC MEATBALL OR WHITE RICE WITH SEAWEED, PICKED RADISH, APPLE SLICES</u></p>	<p>15 & 29(no school) SNACK: SCRAMLED EGGS, TATER TOTS(POTATOES), CARROT STICKS, SEASONAL FRUITS</p> <p>LUNCH: <u>MAC & CHEESE, CARROT STICKS, STEAMED BROCCOLI, APPLE SLICES</u></p>

Menu is subject to change slightly without an advance notice.
Every menu is served with 1% or 2% organic milk (3-5 oz.)

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