



Brunch & Lunch Menu 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 & 16 SNACK: WAFFLE w/ ORGANIC MAPLE SYRUP, MINI SAUSAGES, APPLE SLICES</p> <p>LUNCH: SEAWEED SOUP W/ TOFU, SWEETENED TINY ANCHOVIES, WHITE KIMCHEE, MELON CUBES</p>	<p>3 & 17 SNACK: FRENCH TOAST w/ ORGANIC MAPLE SYRUP, SEASONAL FRUITS</p> <p>LUNCH: VEGETABLE CURRY RICE, PICKLED RADISH, APPLE SLICES</p>	<p>4 & 18 SNACK: TURKEY & CHEESE ON BUTTERED CROISSANT, APPLE SLICES</p> <p>LUNCH: KOREAN STYLED VEGETABLE RICE SEAWEED ROLL(김밥) MISO SOUP, W/ TOFU, SEASONAL FRUITS</p>	<p>5 & 19 SNACK: SCRAMBLED EGGS, MIN-SAUSAGES, TATER TOTS, FRESH SEASONAL FRUITS</p> <p>LUNCH: JASMINE FRIED RICE W/ VEGETABLES & CHICKEN, WHITE PICKLED RADISH, ORANGES</p>	<p>6 & 20 SNACK: MAKE YOUR OWN PARFAIT: YOGURT, FRUITS, UNSWEETENED CHEERIOS</p> <p>LUNCH: SOBA NOODLES, WIH SAUCE, TEMPURA VEGETABLES, APPLE SLICES</p>
<p>9 SNACK: PANCAKE W/ O. MAPLE SYRUP, SCRAMBLED EGGS, STRAWBERRIES & BLUEBERRIES</p> <p>LUNCH: SPINACH BEAN PASTE SOUP w/ TOFU, PICKED RADISH, SEASONED ANCHOVIES, APPLE SLICES</p>	<p>10 SNACK: MINI STRAWBERRY JAM SANDIWICH W/ CHEESE, SEASONAL FRUITS</p> <p>LUNCH: PORK DONKATSU, RICE, STEAMED CARROTS AND CORN, APPLE SLICES</p>	<p>11 SNACK: WAFFLE WITH ORGANIC MAPLE SYRUP, SCRAMBLED EGGS, ORANGES</p> <p>LUNCH: TERIYAKI CHICKEN W/ RICE, STEAMED BROCCOLI, APPLE SLICES</p>	<p>12 SNACK: TOAST WITH BUTTER & STRAWBERRY JAM, MINI SAUSAGES, GRAPES</p> <p>LUNCH: SPAGETTI W/ ORGAINIC MEATBALL OR WHITE RICE WITH SEAWEED, PICKED RADISH, APPLE SLICES</p>	<p>13 SNACK: SCRAMLED EGGS, TATER TOTS(POTATOES), CARROT STICKS, SEASONAL FRUITS</p> <p>LUNCH: MAC & CHEESE, CARROT STICKS, STEAMED BROCCOLI, APPLE SLICES</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.