

Sammamish Children's School



Weekly Menu October 7-11, 2013

MONDAY 10/7

Morning Snack

Homemade Wheat Lemon Raspberry Muffin*,**
Milk

Lunch

Warm Spanish Rice with tossed Carrots, Peas & Peppers, Black, Red & White Beans
Diced Pears
Green Beans
Milk

Afternoon Snack

Fresh Oranges
Toddler Substitution: Mandarin Oranges
Zesta Crackers
Water

Evening Snack

Cereal Mix
Milk

Allergy info: * = contains Egg, ** = contains Dairy

TUESDAY 10/8

Morning Snack

Strawberries, Blackberries & Blueberries mix
Low Fat Cottage Cheese
Milk

Lunch

Turkey & Spinach Tortilla Wrap with Organic Spinach & Cream Cheese
Toddler Substitution: Veggie Burger
Tossed Normandy Veggies (Cauliflower, Broccoli, Diced Bell Peppers & Mixed Baby Squash)
Dole Pineapple Tidbits

Milk

Afternoon Snack

Garlic Pita Bread & Marinara Dip
Water

Evening Snack

Fresh Bananas
Milk

Allergy info: * = contains Egg, ** = contains Dairy

WEDNESDAY 10/9

Morning Snack

Fresh Apples & Sun Butter
Toddler Substitution: Applesauce & Graham Crackers
Milk

Lunch

Slow Cooked Chicken Macaroni Soup
Loaded with Celery, Corn, Carrots & Lime Beans
Vegetarian Substitution: Garbanzo Beans
Milk

Afternoon Snack

Fresh Cucumbers & Cheese Slices
Toddler Substitution: Round Crackers & Cheese Slices
Milk

Evening Snack

Fresh Baby Carrots
Toddler Substitution: Steamed Baby Carrots
Ranch**,** or Italian Dip
Milk

Allergy info: * = contains Egg, ** = contains Dairy

THURSDAY 10/10

Morning Snack

Homemade Wheat Zucchini Pear Bread*,**
Milk

Lunch

Cheesy Curly Q Pasta with Tofu & Marinara Sauce
Fresh Romaine Salad
Ranch*,** or Italian Dressing
Peaches
Milk

Afternoon Snack

Blended Yogurt Blueberry Shake
Organic Animal Crackers
Water

Evening Snack

Wheat Thins
Toddler Substitution: Cheez-its
Milk

Allergy info: * = contains Egg, ** = contains Dairy

FRIDAY 10/11

Morning Snack

Waffles
Fruit Syrup
Milk

Lunch

Curried Chicken Sandwich on Whole Wheat Bread
Substitution: Warm Cheese Sandwich
Baked Sweet Potato Fries
Applesauce
Milk

Afternoon Snack

Homemade Wheat Orange Cranberry Cookies*,**
Milk

Evening Snack

Assortment Crackers
Milk

Allergy info: * = contains Egg, ** = contains Dairy