

# Gan Yalduti - Weekly Menu

	9:30am-10:00am	11:30am-12:30pm	3:00pm-4:00pm
week 1	Morning snack	Lunch	Afternoon Snack
<b>Monday</b>	W/W crackers, sunflower seed spread, apples	Eggs/ Tofu , lentil & rice, steamed broccoli	whole wheat cheerios, milk, fresh fruits
<b>Tuesday</b>	Homemade oatmeal bar with raisins, milk, fresh fruit	Baked potato latkes, quinoa, mozzarella cheese , fresh veggies	rice crackers, sunflower seed spread, apple slices/sauce
<b>Wednesday</b>	Yogurt, fruit w/w cereal	Minestrone soup with beans, noodles and vegetables, grille cheese sandwich	w/w crackers, spreadable cheese, fresh fruit
<b>Thursday</b>	Homemade banana bread, milk/ yogurt	Olive pizza, Vegetable salad and beans	Crackers, salsa dip, garbanzo beans and peppers
<b>Friday</b>	apple sauce, bread with raisins , spreadable cheese	Baked fish, pasta, fresh cut veggies	pretzels, cottage cheese , fresh fruit

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week 2	Morning snack	Lunch	Afternoon Snack
Monday	rice crackers, sunflower seed spread, banana	Boiled eggs/ Tofu, pasta with tomato and lentil sauce, cucumber slices	Fresh fruit, homemade granola bar, milk
Tuesday	Homemade pumpkin bread, berries, milk	Quesadilla with cheese, guacamole, beans and cut veggies	Crackers, sunflower seed spread, banana, milk
Wednesday	cinnamon squares, milk, berries	Fish and Veggie patties, rice, steamed broccoli	Pita, hummus, cucumber and pepper sticks
Thursday	w/w crackers, spreadable cheese, fresh fruit	Whole wheat homemade pizza, cherry tomatoes & black bean salad	Pretzels, edamame , baby carrots
Friday	apple slices, Challah bread, cheese	Salmon, penne and baked vegetables	Graham crackers, milk, fresh fruit

Water is available to children through out the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children age 12 to 24 month are served whole milk. after 24 month, **all children are served 4% milk with every meal.**

In accordance with federal law and US department of agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. to file a complain of discrimination, write USDA Director, Office of Civil Rights, 1400 Independence Ave, SW, Washington D.C. 20250-9410 or call (800) 795-3232

Gan Yalduty may substitute food items as necessary

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week 3	Morning snack	Lunch	Afternoon Snack
<b>Monday</b>	w/w crackers, cheese, fruit salad	Cheese buns, spreadable chees, scrambled eggs, cut veggies, garbanzo beans	rice crackers, sunflower seed spread, apple slices/sauce
<b>Tuesday</b>	Graham Crackers, bananas, almond spread and milk	Rice, corn quiche with cheese, baby carrots	Homemade zucchini/ butternut squash bread, milk
<b>Wednesday</b>	apple sauce, bagel with raisins , tofu spread	Grilled Salmon, Couscous & veggie soup	w/w cereal , fresh fruit, milk
<b>Thursday</b>	Greek yogurt, homemade granola bar, berries	Israeli couscous, lentil patties, cucumber and pepper slices	w/w bread, spreadable cheese, olives, cut veggies
<b>Friday</b>	Rice crackers, cottage cheese, strawberries	Pasta with vegetarian Bolognese sauce, green peas and carrots	cheese stick, w/w crackers, apple slices

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