

Gan Yalduti - Weekly Menu

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

	9:00am-10:00am	11:30am-12:30pm	3:00pm-4:00pm
week 2	Morning snack	Lunch	Afternoon Snack
Monday	Rice crackers, sunflower seed spread, banana	Salmon, penne pasta and mixed vegetables	Fresh fruit, homemade granola bar, milk
Tuesday	Homemade pumpkin bread, berries, yogurt	Quesadilla with cheese, quinoa, beans and cut fresh veggies	cheese, veggie/chickpeas crackers, apple slices
Wednesday	Oats with chia seeds bar , milk, berries	Homemade fish patties, Yellow rice, steamed broccoli	Homemade bread, spreadable cheese, oranges
Thursday	w/w crackers, spreadable cheese, fresh fruit	Pasta with Bolognese sauce, fresh vegetables	Pretzels, garbanzo beans, baby carrots
Friday	apple slices, Challah bread, cheese	Boiled eggs, rice with tomato and lentil sauce, cucumber slices	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

	9:30am-10:30pm	11:30am-12:30pm	3:00pm-4:00pm
week 3	Morning snack	Lunch	Afternoon Snack
Monday	Veggie/chickpeas crackers, cheese, fruit	Rice, Baked tofu, homemade corn quiche, baby carrots	rice crackers, sunflower seed spread, apple slices/sauce
Tuesday	w/w bagel, bananas, sunflower seed spread and milk	Homemade W/W buns, spreadable chees, scrambled eggs, cut veggies, garbanzo beans	Homemade zucchini/ butternut squash bread, Fruits & milk
Wednesday	apple sauce, rice crackers tofu spread	Baked fish, Couscous & veggie soup	w/w cereal , fresh fruit, Yogurt
Thursday	Greek yogurt, homemade granola bar, berries	Israeli couscous, homemade lentil & tofu patties, cucumber and pepper slices	w/w bread, spreadable cheese, olives, cut veggies
Friday	Rice crackers, cottage cheese, strawberries	Pasta with vegetarian Bolognese sauce, green peas and carrots	Crackers, sunflower seed spread, banana, milk

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