

Gan Yalduti - Weekly Menu

	7:30am-7:45 am	9:30am-10:00am	11:30am-12:30pm	3:00pm-4:00pm
week 1	Early Morning Snack	Morning snack	Lunch	Afternoon Snack
Monday	Rice crackers, cottage cheese, strawberries	cheese stick, w/w crackers, sunflower seed spread, banana	Eggs, lentil & rice, steamed broccoli	whole wheat cheerios, milk, berries
Tuesday	Greek yogurt, homemade granola bar, berries	Oatmeal with raisins, milk, fresh fruit	Baked potato latkes, quinoa, mozzarella cheese , fresh veggies	rice crackers, sunflower seed spread, apple slices
Wednesday	apple sauce raisins , bagel	yogurt, fruit homemade granola bar	Minestrone soup with beans, noodles and vegetables, grille cheese sandwich	w/w crackers, spreadable cheese, fresh fruit
Thursday	Graham Crackers, apple slices	Homemade banana bread, milk	Olive pizza, Vegetable salad and fresh fruit	Crackers, salsa dip sliced carrots and peppers
Friday		apple sauce, bagel with raisins , spreadable cheese	Grilled Salmon, pasta, fresh veggies and cut fresh fruit	pretzels, cottage cheese , fresh fruit

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week 2	Early Morning Snack	Morning snack	Lunch	Afternoon Snack
Monday	cheese stick, w/w crackers	rice crackers, sunflower seed spread, apple slices	Boiled eggs, pasta with tomato and lentil sauce, cucumber	Fresh fruit, homemade granola bar, milk
Tuesday	Oatmeal with raisins, milk	w/w waffle, berries, milk	Quesadilla with cheese, guacamole, beans and cut veggies	Crackers, sunflower seed spread, banana, milk
Wednesday	yogurt, homemade granola bar	cinnamon squares, milk, banana	Fish and Veggie patties, rice, steamed broccoli	Pita, hummus, cucumber and pepper sticks
Thursday	Homemade carrot bread, milk	w/w crackers, spreadable cheese, fresh fruit	Whole wheat homemade pizza, cherry tomatoes & black bean salad	Vanilla yogurt, pretzels, baby carrots
Friday		apple slices, oyster crackers, 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	Early Morning snack	Morning snack	Lunch	Afternoon Snack
Monday	Vanilla yogurt, pretzels, carrots	w/w crackers, cheese, fruit salad	Cheese buns, spreadable chees, scrambled eggs, cut veggies	rice crackers, sunflower seed spread, apple slices/sauce
Tuesday	cinnamon squares, milk, banana	Graham Crackers, bananas, almond spread and milk	Rice, corn quiche with cheese, baby carrots	pancakes, fresh fruit, milk
Wednesday	w/w waffle, berries, milk	apple sauce, bagel with raisins , tofu spread	Grilled Salmon, Couscous & veggie soup	Homemade zucchini/ butternut squash bread, milk
Thursday	w/w bagel, guacamole, oranges	Greek yogurt, homemade granola bar, berries	Israeli couscous, lentil patties, cucumber and pepper slices	Pretzels, mozzarella cheese, apple sauce
Friday		Rice crackers, cottage cheese, strawberries	Pasta with vegetarian Bolognese sauce, green peas.	cheese stick, w/w crackers, apple slices

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