

**Gan Nitzanim Menu:**  
WEEK ONE AND WEEK THREE

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Crackers, Waffles or Muffins</li> <li>• Milk</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Pizza</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea</li> <li>• Biscuits, Crackers or Rice Cake with Soy Nut Butter</li> </ul>	<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Yogurt with Cereal or Crackers</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Mixed Vegetable Soup with Quinoa</li> <li>• Whole Wheat Pita with Egg Salad or Tuna Salad</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea</li> <li>• Biscuits, Crackers or Rice Cake with Hummus</li> </ul>	<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Crackers, Waffles or Muffins</li> <li>• Milk</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Pea &amp; Mixed Bean Soup</li> <li>• Whole Wheat Cream Cheese Sandwiches</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea Biscuits, Crackers or Rice Cake with Soy Nut Butter</li> </ul>	<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Yogurt with Cereal or Crackers</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Mock Chicken Noodle Soup</li> <li>• Grilled Cheese Toast with Mozzarella cheese</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea</li> <li>• Biscuits, Crackers or Rice Cake with Hummus</li> </ul>	<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Crackers, Waffles or Muffins</li> <li>• Milk</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Fish sticks or Fish Balls in Tomato Sauce with Cous Cous or Rice or Noodles</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea</li> <li>• Biscuits, Crackers or Rice Cake with Soy Nut Butter</li> </ul>

\* Fruits vary based on season and can include: apples, bananas, melon, pears, pineapple, berries etc.

\* Mixed vegetables vary and can include: cucumber, tomatoes, celery, peppers, broccoli, carrots etc.

\* It is possible that sometimes this menu will have slight changes based on demand or special occasion.

\* There will be absolutely no serving of: any nuts due to severe allergies.

WEEK TWO AND WEEK FOUR

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Crackers, Waffles or Muffins</li> <li>• Milk</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Pizza Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea Biscuits, Crackers or Rice Cake with Soy Nut Butter</li> </ul>	<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Yogurt with Cereal or Crackers</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Lentil soup with Sweet Potato</li> <li>• Whole Wheat Pita with Egg Salad or Tuna Salad</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea Biscuits, Crackers or Rice Cake with Hummus</li> </ul>	<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Crackers, Waffles or Muffins</li> <li>• Milk</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Bean &amp; Barley Soup</li> <li>• Whole Wheat Cream Cheese Sandwiches</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea Biscuits, Crackers or Rice Cake with Soy Nut Butter</li> </ul>	<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Yogurt with Cereal</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Meatless soy nuggets or Fish Sticks with French Fries</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea Biscuits, Crackers or Rice Cake with Hummus</li> </ul>	<p><u>Morning Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Crackers, Waffles or Muffins</li> <li>• Milk</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• Macaroni and Cheese, or Lasagna, or Spaghetti</li> <li>• Mixed Veggies</li> </ul> <p><u>Afternoon Snack:</u></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Tea Biscuits, Crackers or Rice Cake with Soy Nut Butter</li> </ul>

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