



# Spring Menu 2025



B”H

<u>WEEK II</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Beanie Zucchini</i>	<i>Tunawich</i>	<i>I Like to Oat Raisins &amp; Bananas</i>	<i>Orange You Glad it’s Nuggets</i>	<i>Cheesy-dillas</i>
<b>Protein</b>	Roasted Garbanzo Beans	Tuna Salad w/celery and onion	Meat-less Breakfast Sausage	Mandarin Orange Chicken-less Nuggets	Pinto Bean
<b>Grains</b>	Macaroni Noodles	Sourdough Toast	Cinnamon Oatmeal	Brown Rice	Cheese Quesadillas
<b>Fruit/ Vegetable</b>	Tomato Basil Sauce	Sweet Potato Home Cubes	Raisins	Carrots, Green Onions, & Edamame	Pico de Gallo
<b>Fruit/ Vegetable</b>	Zucchini	Pickles	Bananas	Pineapple	Guacamole

<u>WEEK I</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Garlicky Delicious</i>	<i>Give’em Something to TACO SALAD About</i>	<i>Smashed Bites</i>	<i>Spring Greens &amp; Dreams</i>	<i>Hummus is Where the Heart Is</i>
<b>Protein</b>	Lemon Garlic Tilapia	Black Beans w/ Feta	Veggie Burger Bites w/ketchup	Tofurkey Slices	Hummus
<b>Grains</b>	Orzo	Tortilla Chips	Smashed Potatoes	Pineapple Zucchini Bread	Garlic Roasted Flatbread
<b>Fruit/ Vegetable</b>	Tri-color Bell Peppers	Shredded Lettuce & Diced Tomatoes	Peas	Applesauce	Cucumbers & Matchstick Carrots
<b>Fruit/ Vegetable</b>	Roasted Corn	Green Salsa	Orange Slices	Roasted Green Beans	Olives Tapenade

## Spring Menu

### Dates:

March 17, 2025-

June 5, 2025

### Passover Menu:

April 4, 7, 8, & 9

*Each snack consists of one whole grain option or low fat option **PLUS...***

- Whole Grain Unsalted Rice Cakes
- Whole Grain Cheerios
- Whole Wheat Pretzels
- Whole Grain Pretzel Thins
- Veggie Straws and/or Apple Straws
- Corn Tortilla Chips

*...each snack consists of one Fruit*

- Apples, oranges, bananas, pears or other fresh fruit
- Unsweetened Apple Sauce
- Unsweetened Raisins or Craisins

**And...**

*\*If your child is allergic to any of the items on our menu, please tell the teacher right away!*