



Winter Menu 2025

WEEK 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Snowy with a Chance of Meatballs</i>	<i>Kids Who Brunch</i>	<i>Squash Our Appetites!</i>	<i>BRRR-ito Bowl</i>	<i>Teeny Ditalini & Zucchini</i>
Protein	Meat-less Meatballs	Eggs	Veggie Burger Bites	Black Beans	Mozzarella Cheese
Grains	Polenta w/marinara sauce	Mini Hashbrowns w/ketchup	Quinoa	Cilantro Rice	Ditalini
Fruit/ Vegetable	Broccoli	Peas	Cranberry Sauce	Roasted Corn	Roasted Zucchini
Fruit/ Vegetable	Roasted Carrots	Orange Slices	Butternut Squash	Salsa & Guacamole	Olives

WEEK 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Oodles of Tofu & Noodles</i>	<i>It's Not Easy Being Cheesy!</i>	<i>If You Give A Kid A Pancake....</i>	<i>Pizza Fish</i>	<i>SOUP-er Yummy</i>
Protein	Teriyaki Tofu	White Beans & Cheese	Meat-less Breakfast Sausage	Tilapia	Chickpeas
Grains	Millet & Brown Rice-Noodles	Orzo	Whole Wheat & Honey Pancakes w/maple syrup	Brown Rice	Garlic Flatbread
Fruit/ Vegetable	Green Cabbage	Green Salad w/ Italian dressing	Berries	Green Beans	Diced Tomatoes
Fruit/ Vegetable	Pineapple	Shredded Carrots	Bananas	Roasted Tomatoes	Pears

Menu Dates

January 2, 2025 -

March 13, 2025

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

- Unsalted Rice Cakes
- Cheerios
- Pretzel Thins
- Veggie Straws and/or Apple Straws
- Tortilla Chips

And...

...each snack consists of one Fruit

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

* Oat milk may also be served at snack time

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