

Lower Week 11/26- 12/2	BREAKFAST	LUNCH	DINNER
MON	Fresh fruits, juice, yogurt Hot and cold cereals French toast, syrup, butter, powdered sugar Hard boiled eggs	Salad Bar Veggie soup Grilled cheese: plain cheese; ham & cheese; tomato, jalapeno & cheese Brown rice Sliced peaches	Salad Bar Spaghetti with sausage & mushroom sauce Spaghetti marinara Mixed veggies Focaccia
TUE	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Scrambled eggs Hashbrowns	Salad Bar Muligatawny soup Sliced turkey & ham Cheese Hummus & quinoa tabouli	Salad Bar Miso soup Grilled pork chops Roasted yams Fresh veggies Rolls & butter
WED	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Waffles, syrup Bacon & veggie sausage Hard boiled eggs	Salad Bar Spicy butternut squash Nacho bar Spanish rice & beans Salsa & sour cream Fruit salad	Salad Bar (Dress Dinner) Rosie's BBQ chicken breast Rice pilaf Tofu Fresh veggies Rolls Tres-leches cake
THURS	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Scrambled eggs Hashbrowns	Salad Bar Veggie soup Pasta bar: Chef's choice Turkey on salad bar	Salad Bar Miso soup Beef teriyaki with broccoli Fresh broccoli Noodles & rice
FRI Parent Club Holiday Deco- roating	Fresh fruit, juice, yogurt Hot & cold cereal Asst. Breads, jam & butter Pancakes, syrup Sausage & veggie sausage Hard boiled eggs	Salad Bar Soup BBQ burgers: vegan; vegetarian; turkey; beef Chili beans French fries	Salad Bar Baked fish Rice pilaf Fresh veggies Rolls & butter Fruit
SAT	Fresh fruit, juice, yogurt Hot & cold cereal Asst. breads, jam, peanut butter Hard & soft boiled eggs Hash browns	Salad Bar Turkey & cheese sandwiches Peanut butter & jelly sandwiches	Salad Bar Albondigas soup & tortillas Rice & beans Salsa, chips, sour cream Guacamole Fruit
SUN	Fresh fruit, juice, yogurt Hot & cold cereal Asst. breads, jam, peanut butter Fried eggs Grilled ham Home-fried potatoes	Salad Bar (Brunch) Hash browns Biscuits & gravy	Salad Bar Roast turkey & gravy Mashed potatoes Fresh veggies Rolls Fruit