



choice children's catering menu

Cycle 1 **Preschool & School Age week three**

DAY	 LUNCH	PM SNACK	lunch ingredients  VEGETABLES AND FRUIT	 GRAIN PRODUCTS	 MEAT & ALTERNATIVES
M O N	Multigrain Tilapia Whole Wheat Bread Vegetable Medley Fresh Fruit & 2% Milk	Soy Nut Butter Flour Tortilla Shell 2% Milk	potato, carrot, beans, broccoli or cauliflower	ww bread	oven baked tilapia, bread crumbs, herbs & spices
T U E	 Vegetable Egg Fried Rice Summer Bites Salad Fresh Fruit & 2% Milk	Apples Nuts & Bolts 2% Milk	kernel corn, red onion, green & red pepper, tomato, garlic, basil, oregano oil and vinegar diced carrots & peas	rice herbs and spices	navy bean, egg
W E D	 Hungarian Goulash w/Potato & Carrot Pasta Elbows Fresh Fruit & 2% Milk	Vegetable Filled Samosa 2% Milk	onion, green & red pepper, tomato, potato, diced carrots, garlic, basil, oregano	pasta elbows	100% lean ground beef
T H U	Chicken Parmigiana Red, Brown, White Rice Kale Caesar Salad Fresh Fruit & 2% Milk	 Cheesy Veg Dip WW Pita 2% Milk	kale, iceberg & or romaine lettuce tomato italian dressing	red, brown, white rice	oven baked chicken, shredded soy cheese, parmesan cheese
F R I	 WW Spaghetti Bolognese Carrot and Zucchini Coins & Dip Fresh Fruit & 2% Milk	Banana  Spicy Pumpkin Loaf 2% Milk	carrot and zucchini slices dip - egg, oil, vinegar tomato sauce, tomatoes, mushrooms, celery, peppers, onion, herbs & spices	whole wheat spaghetti al dente style	100% lean ground beef

* list of daily fruit & veg available on the [FRESH FROM THE MARKET](#)

* water is available as a beverage throughout the day

* proud supporter of local products

*2019 opt 1



made from scratch

we make nourishment child's play