

Monthly Lunch Menu



Weeks		Monday	Tuesday	Wednesday	Thursday	Friday
		Milk / Water is served during snacks & meal				
Week 1	Morning Snack	Cheerios & Milk	Fruit of Choice Bagel & Cream cheese	Applesauce Crackers	Fruits of Choice Crackers	Vanilla Yogurt Pretzels
	Lunch	Entree: Yellow Moong Dal Khichdi (Yellow Lentils & Rice) with Zucchini / Squash Sides: Papadam (fryums), Plain Yogurt, Steamed Peas & Apple	Entree: Spanish Rice with Beans Sides: Sweet Corn Niblets & Avocados	Entree: Idli & Sambar with Zucchini (steamed rice cake with lentil soup) Sides: Cucumber Slices & Bananas	Entree: Aloo Paratha (roti filled with potatoes) Sides: Plain Yogurt, Applesauce, Steamed Carrots	Entree: Pizza Sides: French Fries, Steamed Broccoli & Strawberries
	Afternoon Snack	Fruits of Choice Crackers	Fruit of Choice Goldfish	Fruit of Choice Pretzels	Fruit of Choice Chex Mix	Fruit of Choice Veggie Straws
Week 2	Morning Snack	Cheerios & Milk	Fruit of Choice Bagel & Cream cheese	Applesauce Crackers	Fruits of Choice Crackers	Vanilla Yogurt Pretzels
	Lunch	Entree: Green Moong Dal Khichdi (Green Lentils & Rice) with Squash Sides: Papadam (fryums), Plain Yogurt, Steamed Carrots &	Entree: Cheese Quesadilla Sides: Beans, Steamed Carrots & Applesauce	Entree: Idli & Sambar with Squash (steamed rice cake with lentil soup) Sides: Cucumber Slices & Bananas	Entree: Gobhi Paratha (roti filled with cauliflower) Sides: Plain Yogurt, Apple Slices, Steamed Carrots	Entree: Pizza Sides: French Fries, Steamed Broccoli & Strawberries
	Afternoon Snack	Fruits of Choice Crackers	Fruit of Choice Goldfish	Fruit of Choice Pretzels	Fruit of Choice Chex Mix	Fruit of Choice Veggie Straws
Week 3	Morning Snack	Cheerios & Milk	Fruit of Choice Bagel & Cream cheese	Applesauce Crackers	Fruits of Choice Crackers	Vanilla Yogurt Pretzels
	Lunch	Entree: Toor Dal Khichdi (Yellow Lentils & Rice) with Zucchini Sides: Papadam (fryums), Plain Yogurt, Steamed Broccoli & Banana	Entree: Chickpea Pasta Salad (rotini with chickpeas & diced tomatoes) Sides: Apples Slices & Avocado Pudding	Entree: Idli & Sambar with Carrots (steamed rice cake with lentil soup) Sides: Cucumber Slices & Mandarins	Entree: Cheese Paratha (roti filled with cheese) Sides: Plain Yogurt, Steamed Carrots & Pears	Entree: Pizza Sides: French Fries, Steamed Cauliflower & Strawberries
	Afternoon Snack	Fruits of Choice Crackers	Fruit of Choice Goldfish	Fruit of Choice Pretzels	Fruit of Choice Chex Mix	Fruit of Choice Veggie Straws
Week 4	Morning Snack	Cheerios & Milk	Fruit of Choice Bagel & Cream cheese	Applesauce Crackers	Fruits of Choice Crackers	Vanilla Yogurt Pretzels
	Lunch	Entree: Masoor Dal Khichdi (Red Lentils & Rice) with Squash Sides: Papadam (fryums), Plain Yogurt, Cucumber Slices & Cut Grapes	Entree: Mac & Cheese (Annie's Classic Shells & Cheese with hidden veggies) Sides: Steamed Broccoli & Applesauce	Entree: Idli & Sambar with Zucchini and Squash (steamed rice cake with lentil soup) Sides: Steamed Carrots & Bananas	Entree: Masala Dosa (thin pancake with seasoned potatoes) Sides: Red Bell Pepper Chutney, Steamed Cauliflower & Strawberries	Entree: Pizza Sides: French Fries, Steamed Peas & Mandarins
	Afternoon Snack	Fruits of Choice Crackers	Fruit of Choice Goldfish	Fruit of Choice Pretzels	Fruit of Choice Chex Mix	Fruit of Choice Veggie Straws