**Menu Plan – Loyal True Blue & Orange Home**

**Week One Fall 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  |
| **Early am snack 7:15 served in pre 1 class**  | Whole Grain Cereal /Milk  | Whole Grain Cereal /Milk | Whole Grain Cereal /Milk | Whole Grain Cereal/Milk | Whole Grain Cereal /Milk |
| **Breakfast**With milk 9:00 am Served in classrooms,  | Toast /butter / Jam Hard Boiled Eggs Fresh Fruit  | Homemade French Toast Made With WW Bread Eggs & Cinnamon & Fresh Fruit  |  Toast / butter / pea Butter / Jam Vanilla Yogurt With Fresh Fruit  | Toasted Bagels With cream cheese & cucumber Slices Fresh Fruit  | Toasted English Muffins / butter / jam Hard Boiled Eggs Fresh Fruit Salad  |
| **Main Lunch****Meal plan** Served in dining room with Milk & Water LTBO CC 12:00 noon | Beef Meatballs With Side Of Sweet & Sour SauceJasmin RiceBroccoli Spears | BBQ Chicken ThighsMashed PotatoesGreen Beans | Baked Cod BitesCreamy Pasta & Garden Vegetable SaladCarrots | Butternut Squash Mac & CheeseSliced Grilled Chicken | Grilled Cheese Day With Choice Of Traditional Or Turkey Bacon & CheeseCreamy Potato Salad |
| **Soup & salad included with all meals**  | Cheddar broccoli & turkey bacon soup family style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style  | Vegetable & Ricefamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Chicken & Rice Noodlefamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Yellow Split Peafamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Chef’s choice family style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style |
| **Alternative** available with meal plan for allergies/vegetarianOr purchase by staff & high school at 1:00 | Alt- Veggie Meatballs | Alt – Cheese CannelloniIn Cream Rose Sauce | Alt – Pan Seared Tofu Bites | Alt – Crispy Cauliflower Bites | Alt – Mini Ravioli in Tomato Sauce |
| **PM Snack** 3:00 in classroom All LTBO CC  | Crackers Cheddar Cheese And fresh fruit  | Veggies & HummusWith W.W. Pitas | cinnamon raisin Loaf& Fresh Fruit  | Yogurt & fruit  | Crackers With Tuna and cucumber slices  |

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**Week Two**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  |
| **Early am snack 7:15 served in pre 1 room**  | Whole Grain Cereal /Milk  | Whole Grain Cereal /Milk | Whole Grain Cereal /Milk | Whole Grain Cereal /Milk | Whole Grain Cereal /Milk |
| **Breakfast**With milk 9:00 am Served in classroom  | Toasted English Muffins Jam / Hard Boiled Eggs Fruit  |  Toast / butter / JamYogurt & Fruit  | Toasted English Muffins / butter / pea butter & fresh fruit  |  Toast butter/ Jam Hard Boiled EggsFruit  | Homemade French Toast With W.W. Bread, Cinnamon And Eggs Fruit |
| **Main Lunch****Meal plan** Served in dining room with Milk & Water LTBO CC 12:00 noon | Indian Butter ChickenBasmati Rice | Beef Bolognese with Fusilli PastaW.W. Garlic Bread | Pizza Day Choice OfTraditional Cheese Or Chicken & Pesto | Beef & Veggie StewMashed Potato  | Herb Baked SalmonRice PilafSteamed Broccoli Spears |
| **Soup & salad included with all meals**  | Chicken & Rice Noodlefamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Cream Of Broccolifamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Corn Chowderfamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Chicken & Brown Ricefamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Chef’s Choice family style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style |
| **Alternative** available with meal plan for allergies/vegetarianOr purchase by staff & high school at 1:00 | Alt – Mild Chick Pea Curry | Alt – Hummus & Veggie Wrap | Alt – Mini Quiche Bites | Alt – Veggie & Cheese Quesadilla | Alt – Pierogi Bundles with Sour Cream |
| **PM Snack** 3:00 in classroom All LTBO CC  | Crackers &Tuna With Mayo Cucumber Slices  | Cheddar Cheese Slices With Crackers And Fresh Fruit  | Homemade Granola w yogurt & Fresh Fruit  | Falafel w cucumber yogurt dip & fresh fruit  | Fresh Veggies & Hummus Dip& pita  |

**Menu Plan – Loyal True Blue & Orange Home**

**Week Three**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  |
| **Early am snack 7:15 served in pre 1 class**  | Whole Grain Cereal /Milk  | Whole Grain Cereal /Milk | Whole Grain Cereal /Milk | Whole Grain Cereal /Milk | Whole Grain Cereal /Milk |
| **Breakfast**With milk 9:00 am Served in classrooms,  | Toast / butter / jam Vanilla Yogurt & Fruit  |  Toast / butter / jam Hard Boiled EggsFresh Fruit  | Toasted Bagels W Cheddar Cheese Slice & Cucumber Slices  | Homemade French Toast Made With W.W. Bread Eggs & Cinnamon Fruit  |  Toasted English Muffins butter / Jam  Cheddar Cheese  Fruit  |
| **Main Lunch****Meal plan** Served in dining room with Milk & Water LTBO CC 12:00 noon | Hand Packed Beef BurgersBaked Sweet Potato FriesSteamed Carrots | Chicken Pot PieSteamed Broccoli | New Orleans style tilapiaBrown Rice pilaf Steamed vegetables  | Honey Garlic Chicken Stir FryCantonese Style NoodlesBraised Bok Choy | Chicken FingersFrench fries Braised Green Beans |
| **Soup & salad included with all meals**  | Chicken & Rice Noodlefamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Beef & Barleyfamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Fresh Tomatofamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Minestronefamily style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style | Chef’s choice family style todd-skSalad will be a variety of leafy greens/veggies / tossed salad style |
| **Alternative** available with meal plan for allergies/vegetarianOr purchase by staff & high school at 1:00 | Alt – Mixed Bean & Lentil Chili | Alt – Falafel Pita With Shredded Veggies | Alt - Veggie & Cheese Quesadilla | Alt – Crispy Tofu Bites With Dipping Sauce | Alt – Lightly Spiced Bean & Hummus Wrap |
| **PM Snack** 3:00 in classroom All LTBO CC  | Apples or banana with pea Butter & crackers or wrap  | Cheddar Cheese & Crackers with fresh fruit  | Cinnamon raisin loaf W fresh fruit  | Yogurt with fresh Fruit  | Fresh Assorted Veggies With Hummus Crackers  |