**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 Sauce  Jasmin Rice  Broccoli Spears | BBQ Chicken Thighs  Mashed Potatoes  Green Beans | Baked Cod Bites  Creamy Pasta & Garden Vegetable Salad  Carrots | Butternut Squash  Mac & Cheese  Sliced Grilled Chicken | Grilled Cheese Day With Choice Of Traditional Or Turkey Bacon & Cheese  Creamy Potato Salad |
| **Soup & salad included with all meals** | Cheddar broccoli & turkey bacon soup  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Vegetable & Rice  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Chicken & Rice Noodle  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Yellow Split Pea  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Chef’s choice  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style |
| **Alternative** available with meal plan for allergies/vegetarian  Or purchase by staff & high school at 1:00 | Alt- Veggie Meatballs | Alt – Cheese Cannelloni  In 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 & Hummus  With W.W. Pitas | cinnamon raisin Loaf  & Fresh Fruit | Yogurt & fruit | Crackers  With Tuna and cucumber slices |

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

**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 / Jam  Yogurt & Fruit | Toasted English Muffins / butter / pea butter & fresh fruit | Toast butter/ Jam  Hard Boiled Eggs  Fruit | 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 Chicken  Basmati Rice | Beef Bolognese with Fusilli Pasta  W.W. Garlic Bread | Pizza Day Choice Of  Traditional Cheese Or Chicken & Pesto | Beef & Veggie Stew  Mashed Potato | Herb Baked Salmon  Rice Pilaf  Steamed Broccoli Spears |
| **Soup & salad included with all meals** | Chicken & Rice Noodle  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Cream Of Broccoli  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Corn Chowder  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Chicken & Brown Rice  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Chef’s Choice  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style |
| **Alternative** available with meal plan for allergies/vegetarian  Or 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 Eggs  Fresh 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 Burgers  Baked Sweet Potato Fries  Steamed Carrots | Chicken Pot Pie  Steamed Broccoli | New Orleans style tilapia  Brown Rice pilaf  Steamed vegetables | Honey Garlic Chicken Stir Fry  Cantonese Style Noodles  Braised Bok Choy | Chicken Fingers  French fries  Braised Green Beans |
| **Soup & salad included with all meals** | Chicken & Rice Noodle  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Beef & Barley  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Fresh Tomato  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Minestrone  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style | Chef’s choice  family style todd-sk  Salad will be a variety of leafy greens/veggies / tossed salad style |
| **Alternative** available with meal plan for allergies/vegetarian  Or 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 |