

Menu - Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 	Noodle milk soup, fruit	Baguette with cream cheese, milk, fruit	Hot cereal with pareve milk, fruit	Noodle milk soup, fruit	Cereal with milk, fruit
LUNCH 	Barley soup (onion, celery, carrots, zucchini, barley) egg sandwiches, WW bread, veggie, fruit	Tofu stir fry with mixed vegetables (tofu, carrot, zucchini, onion, tomato), couscous, veggie, WW bread, milk, fruit <i>Toddlers</i> - Vegetable soup (carrot, potato, zucchini)	Macaroni with chick peas and cheese, veggie, WW bread, milk, fruit <i>Toddlers</i> - Vegetable soup (squash, sweet potato, celery)	Borsht (beets, carrots, potato, tomato, cabbage, sour cream), tuna sandwiches (mashed celery, tuna), WW bread, veggie, milk, fresh fruit	Chala, gefelte fish/ fish stick, hush brown potato, veggie, milk, fruit
PM SNACK 	Multigrain rice cakes and jam or Veggies and dip, crackers, fruit	Apple sauce with cookies, fresh fruit, milk	Homemade muffins, fresh fruit,	Veggie straws, fruit	Rice cake, wow butter

Menu - Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AM SNACK</p>	<p>Protein smoothie with rice cakes and healthy butter</p>	<p>Baguette with cream cheese, milk, fruit</p>	<p>Hot cereal with pareve milk, fruit</p>	<p>Noodle pareve milk soup, fruit</p>	<p>Cereal with milk, fruit</p>
<p>LUNCH</p>	<p>Squash, mix bean soup (squash, zucchini, carrots, lentils, pea, red/white beans) cheese sandwiches WW bread, veggie, milk, fruit</p>	<p>Mexican Chili with mixed beans (zucchini, carrot, diced tomatoes, tomato sauce, kidney, white beans), and brown rice, WW bread, veggie, milk, fruit <i>Toddlers</i> - Vegetable soup (carrot, potato, zucchini)</p>	<p>Cream of sweet potato soup (sweet potato, carrot, sour cream, cheese), tuna sandwiches (tuna, celery), WW bread, veggie, milk, fruit</p>	<p>Buckwheat kasha, egg, WW bread, veggie, fruit</p>	<p>Chala, fish sticks, couscous, veggie, fruit, milk</p>
<p>PM SNACK</p>	<p>Yogurt, cookies, fruit, caffeine free flavored tea</p>	<p>Whole wheat rice cakes, jam, fruit, tea</p>	<p>Homemade muffins, fresh fruit, tea</p>	<p>Cottage cheese, crackers, fruit, caffeine free flavored tea</p>	<p>WW bread with healthy butter, fruit, caffeine free flavored tea</p>