

April 22 - April 26

2024

LOWER SCHOOL

ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

Boars Head premium deli sandwiches on whole grain and gluten free bread

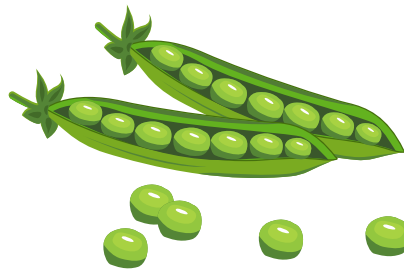
Low Fat Yogurt and Granola

Unsweetened Applesauce






Low Fat Milk or Water

Produce of the Month:

Peas



Did you know one of Thomas Jefferson's favorite vegetables was the English Pea? He planted more than 30 varieties in his garden at Monticello. Try snap peas, green peas or snow peas this month.

22	Monday	23	Tuesday	24	Wednesday	25	Thursday	26	Friday
NON VEGGIE Meatless Monday!		NON VEGGIE Chicken Tikka Masala Steamed Rice Green Beans		NON VEGGIE Italian Meatball Sub Potato Chips Caesar Salad		NON VEGGIE Fish Sticks French Fries Coleslaw		NON VEGGIE Penne with Meat Sauce Garlic Bread Stick Garden Salad Marble Cake	
VEGGIE  The Cheesiest Grilled Cheese Garden Salad Peas & Carrots		VEGGIE  Chickpea Tikka Masala Steamed Rice Green Beans		VEGGIE  Italian Veggie Sub Potato Chips Caesar Salad		VEGGIE  Fried Soy Tenders French Fries Coleslaw		VEGGIE  Penne with Marinara Garlic Bread Stick Garden Salad Marble Cake	
AFTERNOON SNACK Yogurt Parfait		AFTERNOON SNACK Fresh Veggies & Hummus		AFTERNOON SNACK Harker Trail Mix String Cheese		AFTERNOON SNACK Cheese & Whole Grain Crackers		AFTERNOON SNACK Whole Strawberries with Organic Honey	

Vegetarian 

Produce of the Month



Kitchen Manager
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