

# April 29 - May 3

## 2024

## LOWER SCHOOL

### ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

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

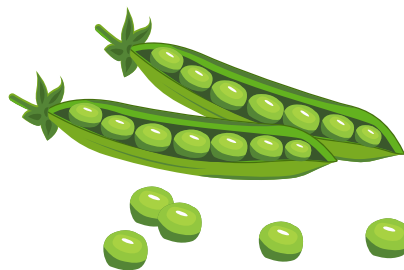
Low Fat Yogurt and Granola

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.

29 Monday	30 Tuesday	1 Wednesday	2 Thursday	3 Friday
<b>NON VEGGIE</b>  <b>Meatless Monday!</b>	<b>NON VEGGIE</b>  Lemon Dill Salmon  Rice Pilaf  Broccoli	<b>NON VEGGIE</b>  Spaghetti with Meat Sauce  Dinner Roll  Green Beans	<b>NON VEGGIE</b>  Korean BBQ Chicken Skewers  White Rice  Bok Choy	<b>NON VEGGIE</b>  Turkey Burger  Roasted Potatoes  Zucchini  <b>Lemon Bars</b>
<b>VEGGIE</b>  Potato Samosas with Mango Chutney  Naan Bread  Peas & Carrots	<b>VEGGIE</b>  Ratatouille  Rice Pilaf  Broccoli	<b>VEGGIE</b>  Spaghetti with Marinara  Dinner Roll  Green Beans	<b>VEGGIE</b>  Korean BBQ Tofu  White Rice  Bok Choy	<b>VEGGIE</b>  Black Bean Corn Burgers  Roasted Potatoes  Zucchini  <b>Lemon Bars</b>
<b>AFTERNOON SNACK</b> Cottage Cheese with Peaches	<b>AFTERNOON SNACK</b> Yogurt Parfait	<b>AFTERNOON SNACK</b> Harker Trail Mix String Cheese	<b>AFTERNOON SNACK</b> Cheese & Whole Grain Crackers	<b>AFTERNOON SNACK</b> Watermelon Slices

Vegetarian 

Produce of the Month



Kitchen Manager  
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