

# April 29 - May 3

2024

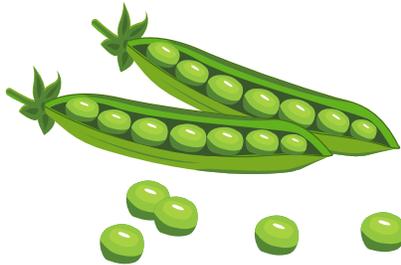
 LOWER SCHOOL

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

Vegetarian 

Produce of the Month 

Kitchen Manager  
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