

2019 Spring/Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Hot oatmeal cooked with fresh strawberries	Fresh vegetable omelette cooked by the kiddos and their teachers. Fun!	Homemade oven baked whole-wheat French Toast topped with berries. Yum!	Hot oatmeal cooked with fresh strawberries	Fruit salad bowl topped with granola and honey.
Lunch	<p>Spanish Day!</p> <p>Spanish Paella</p> <p>Delicious Paella cooked with green pepper, carrots and peas with a tomato and paprika dressing.</p> <p>With a side of delicious corn salad.</p>	<p>Israeli Day</p> <p>Vegetable Couscous</p> <p>Yummy whole grain couscous topped with oven roasted squash, zucchinis, potatoes and chickpeas.</p>	<p>French Day</p> <p>French Quiche, Tuna Salad Nicoise & Baguette</p> <p>Homemade delicious mushroom & spinach quiche with a side of tuna salad Nicoise in a dijon dressing.</p>	<p>Asian Day</p> <p>Vegetable Teriyaki Lo-Mein.</p> <p>Yummy Lo Mein sauteed with fresh broccoli, carrots & peas in a soy and teriyaki sauce.</p>	<p>Italian Day!</p> <p>Fun Whole Wheat vegetarian Pizza & Israeli Salad</p> <p>Homemade whole-wheat pizza made by the kiddos, So Fun! with a side of Israeli salad.</p>
Snack	Greek yogurt topped with fresh strawberries and granola	Whole-wheat mini sandwiches with strawberry organic jam	Greek yogurt topped with fresh strawberries and granola	Hard boiled farm fresh eggs, melon and apples	Early dismissal.