



Tufenkian Preschool 2018-2019 Lunch Menu

	DAY	BREAKFAST Preschool 8:30-9:00 A.M. Kindergarten 9:00-9:30 A.M.	LUNCH Preschool 11:30 A.M.-12:00 P.M. Kindergarten 12:10 – 1:00 P.M.	P.M. SNACK 2:30 P.M.
Menu Week 1	Monday	Cereal Milk – Fresh Fruits	White Rice with Chicken Milk Garden Salad	Multigrain Crackers & Sunflower Butter
	Tuesday	Cheese & Multigrain Crackers Milk – Fresh Fruits	Green Bean Stew and Pilaf Milk – Bread	Multigrain Crackers & Fruit
	Wednesday	Egg Sandwich Milk – Fresh Fruits	Chicken Patty Milk Garden Salad / Vegetables	Low Fat Greek Yogurt & Fruit
	Thursday	Cream Cheese & Whole Wheat Bagel Milk – Fresh Fruits	Lentil Pilaf Milk – Garden Salad	American Cheese & Multigrain Crackers
	Friday	Multigrain Cereal Milk – Fresh Fruits	Pizza Milk – Garden Salad	Fresh Fruits
Menu Week 2	Monday	Cereal Milk – Fresh Fruits	Chicken Kabob Milk – Green Salad	Hummus & Pitta Chips
	Tuesday	Cheese & Multigrain Crackers Milk – Fresh Fruits	Borsch (Beef, Cabbage & Vegetable Soup) Milk – Bread	Vegetables /Fruits & Low Fat Plain Yogurt
	Wednesday	Egg Sandwich Milk – Fresh Fruits	Macaroni Milk - Garden Salad	Cereal & Milk
	Thursday	Cream Cheese Whole Wheat Bread Milk – Fresh Fruits	Karmir Pilaf (Ground Beef & Turkey) Milk – Garden Salad	Animal Crackers Milk
	Friday	Multigrain Cereal Milk – Fresh Fruits	Yogurt Soup & Turkey Sandwich Milk - Lettuce & Tomatoes	Fresh Fruits & Multigrain Crackers
Menu Week 3	Monday	Cereal Milk/Yogurt – Fresh Fruits	Luleh Kabob & Rice Milk – Garden Salad	Multi. Crackers & Cheese
	Tuesday	Cheese & Multigrain Crackers Milk – Fresh Fruits	White Bean / Lentil Soup Milk – Bread	Fresh Fruits Sunflower Butter
	Wednesday	Egg Sandwich Milk – Fresh Fruits	Fish Sticks Milk Broccoli /(other Vegetables)	Low Fat Greek Yogurt & Cereal/Oatmeal
	Thursday	Cream Cheese & Whole Wheat Bagel Milk – Fresh Fruits	Chicken & Green Pea Stew with Pilaf Milk – Green Salad	Animal Crackers & Milk
	Friday	Multigrain Cereal Milk – Fresh Fruits	Lahmajune Milk – Garden Salad	Fresh Fruits & Multigrain Crackers
Menu Week 4	Monday	Cereal Milk – Fresh Fruits	Chicken Soup w/alphabet noodles & Mixed Vegetables Milk - Bread	Fresh Fruits & Multigrain Crackers
	Tuesday	Cheese & Multigrain Crackers Milk – Fresh Fruits	Elbow Macaroni (Ground Turkey) Milk – Garden Salad	Vegetables & Plain Low Fat Greek Yogurt
	Wednesday	Egg Sandwich Milk – Fresh Fruits	Chicken Nuggets Broccoli (other Vegetables)	String Cheese & Multigrain Crackers
	Thursday	Cream Cheese & Whole Wheat Bread Milk – Fresh Fruits	Beef Stew (Potatoes- Carrots- Peas) Milk – Bread	Animal Crackers & Milk
	Friday	Multigrain Cereal Milk – Fresh Fruits	Chicken Bulgur Pilaf Milk - Milk – Garden Salad	Fresh Fruits