



Tufenkian Preschool 2021-2022

Lunch Menu

	DAY	BREAKFAST	LUNCH	P.M. SNACK
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 Rice Milk - Bread	Multigrain Crackers & Fruit/Cheese
	Wednesday	Egg Sandwich Milk – Fresh Fruits	Chicken Patty Milk Garden Salad / Vegetables	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 & Crackers
Menu Week 2	Monday	Cereal Milk– Fresh Fruits	Chicken Kabob & Rice Milk – Green Salad	Yogurt & Vegetables
	Tuesday	Cheese & Multigrain Crackers Milk – Fresh Fruits	Borsch (Beef, Cabbage & Vegetable Soup) Milk – Bread	Vegetables/Fruits & Yogurt
	Wednesday	Egg Sandwich Milk – Fresh Fruits	Macaroni Milk – Garden Salad	Strawberry Yogurt
	Thursday	Cream Cheese & Whole Wheat Bagel Milk – Fresh Fruits	Karmir Pilaf (Ground Beef & Turkey) Milk – Garden Salad	Cereal & Milk
	Friday	Multigrain Cereal Milk – Fresh Fruits	Yogurt Soup & Turkey Sandwich Milk - Lettuce & Tomatoes	Fresh Fruits & Multigrain Crackers
Menu Week 3	Monday	Cereal Milk– Fresh Fruits	Luleh Kabob & Rice Milk – Garden Salad	Multigrain Crackers & Cheese
	Tuesday	Cheese & Multigrain Crackers Milk – Fresh Fruits	White Bean or Lentil Soup (alternating wks) Milk – Bread	Fresh Fruits Sunflower Butter
	Wednesday	Egg Sandwich Milk – Fresh Fruits	Fish Sticks Milk Broccoli /(other Vegetables)	Yogurt & Cereal/Oatmeal
	Thursday	Cream Cheese & Whole Wheat Bagel Milk – Fresh Fruits	Chicken & Green Pea Stew or Yellow Split Pea Stew with Pilaf Milk – Green Salad	Cereal & Milk
	Friday	Multigrain Cereal Milk – Fresh Fruits	Beef Soft Taco 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 Beef & Turkey) Milk – Garden Salad	Vegetables/ Fruits with plain Greek Yogurt
	Wednesday	Egg Sandwich Milk – Fresh Fruits	Chicken Nuggets Broccoli and Vegetable Medley	String Cheese & Multigrain Crackers
	Thursday	Cream Cheese & Whole Wheat Bagel Milk – Fresh Fruits	Beef Stew (Potatoes- Carrots- Peas) Milk – Bread	Cereal & Milk
	Friday	Multigrain Cereal Milk – Fresh Fruits	Chicken Bulgur Pilaf - Milk – Garden Salad	Fresh Fruits & Multigrain Crackers