

Tufenkian Preschool & Kindergarten

Lunch Menu

(revised 11/2023)



	DAY	BREAKFAST	LUNCH	P.M SNACK
Menu Week 1	Monday	Cereal Milk- Fresh fruits	White Rice with Chicken Milk-Garden Salad	Crackers & Sunflower Butter
	Tuesday	Cream Cheese Sandwich Milk-Fresh Fruits	Green Bean Stew and Rice Milk- Bread & Yogurt	Crackers with Fruit or Animal Cookies
	Wednesday	Cheese & Crackers Milk-fresh Fruits	Chicken Patty Milk- Steam Vegetables	Vanilla Yogurt Or Cereal
	Thursday	Egg Sandwich Milk- Fresh Fruits	Lentil Pilaf Milk- Garden Salad & Yogurt	American Cheese & Multigrain Crackers
	Friday	Multigrain Cereal Milk- Fresh Fruits	Pizza Milk- Garden Salad	Fresh Fruits & Multigrain Crackers
Menu Week 2	Monday	Cereal Milk- Fresh fruits	Chicken Kabob & Rice Milk- Green Salad	Crackers & Sunflower Butter
	Tuesday	Cream Cheese Sandwich Milk-Fresh Fruits	Borsch (Beef, Cabbage & Vegetable Soup)	Fresh Fruit & Crackers Or Animal Cookies
	Wednesday	Cheese & Crackers Milk- Fresh Fruits	Yogurt Soup & Turkey Sandwich Milk- Pickle & Tomatoes	Vanilla Yogurt with Cereal
	Thursday	Egg Sandwich Milk- Fresh Fruits	Karmir Pilaf (Ground Beef & Turkey) Milk- Garden Salad	Yogurt With Cucumber
	Friday	Multigrain Cereal Milk- Fresh Fruits	Macaroni Milk- Garden Salad	Fresh Fruits & Multigrain Crackers
Menu Week 3	Monday	Cereal Milk- Fresh fruits	Luleh Kabob & Rice Milk – Garden Salad	Multigrain Crackers & Cheese
	Tuesday	Cream Cheese Sandwich Milk-Fresh Fruits	White Bean or Lentil Soup (alternating wks) Milk- Bread	Crackers & Sunflower Butter
	Wednesday	Cheese & Crackers Milk- Fresh Fruits	Fish Sticks Milk -Broccoli with Pasta Salad	Cereal & Milk or Animal Cookies
	Thursday	Egg Sandwich Milk- Fresh Fruits	Chicken & Green Pea Stew or Yellow Split Pea Stew with Pilaf Milk- Green Salad	Fresh Fruits
	Friday	Multigrain Cereal Milk- Fresh Fruits	Beef Soft Taco Milk	Fresh Fruits & Multigrain Crackers
Menu Week 4	Monday	Cereal Milk- Fresh fruits	Chicken Soup w/ Alphabet Noodles & Mixed Vegetables Milk- Pita Bread	Fruits & Crackers or Animal Cookies
	Tuesday	Cream Cheese Sandwich Milk-Fresh Fruits	Elbow Macaroni (Ground Beef & Turkey) Milk- Garden Salad	Fresh Fruits & Vanilla Yogurt
	Wednesday	Cheese & Crackers Milk- Fresh Fruits	Chicken Nuggets Broccoli, Vegetable Medley and Pasta Salad	Multigrain Crackers & American Cheese
	Thursday	Egg Sandwich Milk- Fresh Fruits	Beef Stew (Potatoes- Carrots-Peas) Milk- Pita Bread	Yogurt & Cucumber
	Friday	Multigrain Cereal Milk- Fresh Fruits	Chicken Bulgur Pilaf Milk- Garden Salad & Yogurt	Fresh Fruits & Multigrain Crackers