



Tufenkian Preschool & Kindergarten

2025 -2026 Lunch Menu

	DAY	BREAKFAST	LUNCH	P.M. SNACK
Menu Week 1	Monday	Cereal Milk– Fresh Fruits	Chicken Alfredo Pasta Milk – Garden Salad	Sunflower Butter & Apples
	Tuesday	Cream Cheese Sandwich Milk – Fresh Fruits	Green Bean Stew and Rice Milk	Multigrain Crackers & Fruit/Cheese
	Wednesday	Cheese & Crackers Milk - Fresh Fruits	Chicken Patty Sandwich Milk – Steamed Vegetables	Greek Yogurt/Yogurt & Fruit
	Thursday	Egg Sandwich Milk – Fresh Fruits	Lentil Pilaf Milk – Garden Salad & Yogurt	American Cheese & Multigrain Crackers
	Friday	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	Animal Crackers or Graham Crackers
	Tuesday	Cream Cheese Sandwich Milk – Fresh Fruits	Borsch (Beef, Cabbage & Vegetable Soup) Milk – Bread	String Cheese and Crackers
	Wednesday	Armenian Cheese & Barbari Milk - Fresh Fruits	Chicken Nuggets with Vegetables or Pasta Salad Milk	Hummus and Pita Chips
	Thursday	Egg Sandwich Milk – Fresh Fruits	Karmir Pilaf (Organic Ground Beef & Turkey) Milk – Garden Salad	Greek Yogurt/Yogurt & Fruit
	Friday	Cereal Milk – Fresh Fruits	Macaroni (Organic Ground Beef & Turkey) Milk – Garden Salad	Fresh Fruits & Multigrain Crackers
Menu Week 3	Monday	Cereal Milk– Fresh Fruits	Luleh Kabob & Rice Milk – Garden Salad	Sunflower Butter & Apples
	Tuesday	Cream Cheese Sandwich Milk – Fresh Fruits	White Bean / Lentil Soup Milk – Bread	Multigrain Crackers & Fruit/Cheese
	Wednesday	Cheese & Crackers Milk - Fresh Fruits	Fish Sticks Milk Broccoli / (other Vegetables)	Greek Yogurt/Yogurt & Fruit
	Thursday	Egg Sandwich Milk – Fresh Fruits	Chicken & Green Pea Stew with Rice Milk – Green Salad	American Cheese & Multigrain Crackers
	Friday	Cereal Milk – Fresh Fruits	Beef Soft Taco Milk	Fresh Fruits & Crackers
Menu Week 4	Monday	Cereal Milk– Fresh Fruits	Chicken Soup w/alphabet noodles & Mixed Vegetables Milk - Bread	Animal Crackers or Graham Crackers
	Tuesday	Cream Cheese Sandwich Milk – Fresh Fruits	Macaroni (Organic Ground Beef & Turkey) Milk – Garden Salad	String Cheese and Crackers
	Wednesday	Armenian Cheese & Barbari Milk - Fresh Fruits	Chicken with White Rice Milk – Garden Salad	Hummus and Pita Chips
	Thursday	Egg Sandwich Milk – Fresh Fruits	Beef Stew (Potatoes- Carrots- Peas) Milk – Bread	Greek Yogurt/Yogurt & Fruit
	Friday	Cereal Milk – Fresh Fruits	Chicken Bulgur Pilaf Milk – Garden Salad	Fresh Fruits & Multigrain Crackers

Please note: Menu is subject to change based on the needs of children and the program.

(Revised 9-2025)