



Weekly Menu- Crossings

WEEK 2: *Water is served with all snacks and Milk is served with all lunches unless otherwise posted

MONDAY

Breakfast: Rice Cakes, Wow Butter, Jam
Lunch: Chicken and Cheese Quesadillas with Peppers and Cucumbers
Vegetarian: Cheese Quesadillas with Peppers and Cucumbers
Snack: Bananas, Oranges, Pretzels

TUESDAY

Breakfast: Waffles, Berries
Lunch: Breaded Sole, Rice, Vegetables
Vegetarian: Rice and Vegetable Stir Fry
Snack: Tortillas, Salsa

WEDNESDAY

Breakfast: Muffins, yogurt
Lunch: Spiral Noodles, Tomato Sauce and Meat Balls with Cheese on Side
Vegetarian: Spiral Noodles, Tomato Sauce with Cheese on Side
Snack: Nut Free Trail Mix, Apple Sauce

THURSDAY

Breakfast: Milk, Cereal
Lunch: Chicken Noodle Soup and Raw Vegetables
Vegetarian: Vegetable Soup with Raw Vegetables
Snack: Raw Vegetables, Ranch, Cheese

FRIDAY

Breakfast: Bagels, Raisins
Lunch: Roast Beef, Mashed Potatoes, Gravy, Whole Wheat Rolls, with Raw Vegetables
Vegetarian: Mashed Potatoes, Gravy, Whole Wheat Rolls, with Raw Vegetables
Snack: Blueberries, Graham Wafers