



# Weekly Menu- Crossings

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WEEK 3: \*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 Taco- Tortilla chips, Soft Shells, Lettuce, Cheese, Tomatoes, Cucumbers**

**Vegetarian: Veggie Tacos- Tortilla chips, Soft Shells, Lettuce, Cheese, Tomatoes, Cucumbers**

**Snack: Bananas, Oranges, Pretzels**

## TUESDAY

**Breakfast: Waffles, Berries**

**Lunch: Sweet and Sour Chicken Stir Fry, Rice, Steamed Vegetables**

**Vegetarian: Rice and Vegetable Stir Fry**

**Snack: Tortillas, Salsa**

## WEDNESDAY

**Breakfast: Muffins, yogurt**

**Lunch: Garden Salad Ravioli**

**Vegetarian: Garden Salad Meatless Ravioli**

**Snack: Nut Free Trail Mix, Apple Sauce**

## THURSDAY

**Breakfast: Milk, Cereal**

**Lunch: Broccoli and Cheese Soup with Buns and Fruit**

**Vegetarian: Broccoli and Cheese Soup with Buns and Fruit**

**Snack: Raw Vegetables, Ranch, Cheese**

## FRIDAY

**Breakfast: Bagels, Raisins**

**Lunch: Sausage and Vegetable Hash**

**Vegetarian: Vegetable Hash**

**Snack: Blueberries, Graham Wafers**