



Menu – February 05-09, 2024

	Monday February 05	Tuesday February 06	Wednesday February 07	Thursday February 08	Friday February 09
Morning Snack	Greek Yogurt w/ Blackberries & Raspberries Water	Spanish Egg Frittata w/Sour Cream Milk	Chia Cardamom Blender Muffins Milk	Plantains w/ Caribbean Salsa Water	Sun-Butter Toast w/ Sunflower Seeds Water
Lunch	One Pot Lentil Stew Mediterranean Cauliflower Salad Honeycrisp Apples	Black Bean & Cheese Enchiladas Mexican Street Corn Papaya & Strawberries Milk	Chickpea Tikka Masala w/Couscous Gujarati Style Green Beans Mango & Melon Milk	Vegan Jamaican Rice & Peas Steamed Cabbage Pineapples & Guava Milk	Teriyaki Sesame Vegetable LoMein Asia Pears Milk
Afternoon Snack	Hummus Dill Cucumbers Water	Tortilla Chips Guacamole Water	Cinnamon Brown Sugar Pita Bread Water	Toasted Coconut Snack Bars Water	Rice Crackers String Cheese Water

*Serving sizes and meal components will be in compliance with USDA guidelines