

SAINT NICHOLAS SCHOOL MENU

Early Morning:
6:30-6:45

Breakfast:
7:15-7:45

Morning Snack:
9:30-9:45

Lunch:
11:00-12:30

Afternoon Tea:
4:00-4:15

Supper:
5:00

WEEK 1

	Early Morning: 6:30-6:45	Breakfast: 7:15-7:45	Morning Snack: 9:30-9:45	Lunch: 11:00-12:30	Afternoon Tea: 4:00-4:15	Supper: 5:00
M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Grapes, Vanilla Greek Yogurt, Milk	Apple Slices and Cantaloupe Slices, with Grapes and Fromage Frais	Salade: Tossed Green Salad, Wheat Toast with Butter Entrée: Chicken Tacos, Lettuce, Tomato and Cheese with Spanish Rice and Charro Beans Dessert: Apples, and Kiwi with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Homemade Chicken Noodle Soup, Roll, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Apple Slices, Milk	Celery and Carrot Sticks with Ranch Dip, Cheddar Cheese Cubes	Salade: Greek Salad, Warm French Bread with Butter Entrée: Spaghetti with Meat Sauce Dessert: Vanilla Greek Yogurt with Apple and Cantaloupe Slices	Peppermint Herbal Tea, Cheese Finger Sandwiches, Vanilla Cookie and Apple Slices	Cheese Quesadillas, Beans, Milk
W e d n e s d a y	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Banana Slices, Vanilla Greek Yogurt, Milk	Apple, Cantaloupe, Hard Cooked Egg Slices, and Crackers	Salade: Spinach Salad with Vinaigrette, Cheese and Garlic Toast with Butter Entrée: BBQ Chicken Legumes: Corn and Mashed Potatoes Dessert: Banana Pudding Parfait	Black Cherry Berry Herbal Tea, Turkey Finger Sandwiches, Popcorn, and Cantaloupe Slices	Ham and Provolone Melt, Carrot and Celery Sticks, Milk
T h u r s d a y	Pomegranate Juice with Water	Scrambled Eggs with Tomatoes, Cheese, Spinach and Turkey, Toast with Butter, Grapes, Kefir/ Milk	Carrot Sticks and Sliced Cucumbers with Hummus, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, Garlic and Herb French Bread with Butter Entrée: Chili and rice with cheese Dessert: Strawberry and Kiwi Parfait with Vanilla Greek Yogurt	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Tomato Vegetable and Noodle Soup, Toast and Milk
F r i d a y	Grapefruit Juice with Water	Yogurt Whole Grain Pancakes with Syrup, Cantaloupe, Sausage, Milk	Cantaloupe, Orange, and Apple Slices with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing, Warm Rye Bread with Butter Entrée: Spinach and Cheese Lasagna with Sauteed Vegetables Dessert: Mini Fruit pies with a Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Cheese Finger Sandwiches, Pineapple Cubes and a Vanilla Cookie	Turkey Dog with Carrots, Milk