

# SAINT NICHOLAS SCHOOLS 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 4

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M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Cantaloupe Slices, Vanilla Greek Yogurt, Milk	Diced Pineapples, Cantaloupe and Orange Slices with Fromage Frais	<b>Salade:</b> Tossed Green Salad, Wheat Toast with Butter <b>Entrée:</b> Sauteed Chicken, with Roasted Potatoes and Vegetables <b>Dessert:</b> Strawberry and Kiwi Slices with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Chicken Salad Sandwich, Celery Sticks, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Kiwi, Milk	Cucumber Slices and Carrot Sticks with Ranch Dip, Cheddar Cheese Cubes, Pita Bread	<b>Salade:</b> Greek Salad, Warm French Bread with Butter <b>Entrée:</b> Sauteed beef with broccoli and carrots over quinoa <b>Dessert:</b> Vanilla Greek Yogurt with Apple and Cantaloupe Slices	Peppermint Herbal Tea, Cheese Finger Sandwiches, Vanilla Cookie and Apple Slices	Turkey Dogs, Celery Sticks, Milk
W e d n e s d a y	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Grapes, Vanilla Greek Yogurt, Milk	Apple, Cantaloupe, and Pineapple Slices, Vanilla Greek Yogurt and Whole Wheat Crackers	<b>Salade:</b> Spinach Salad with Vinaigrette, Garlic Toast with Butter <b>Entrée:</b> Turkey Tacos with Spanish Rice <b>Dessert:</b> Vanilla Pudding Parfait with Banana Slices	Black Cherry Berry Herbal Tea, Turkey Wraps, Popcorn, and Cantaloupe Slices	Ham and Swiss Melt, Cucumber Slices, Milk
T h u r s d a y	Pomegranate Juice with Water	Hard Boiled Egg, Served with Toast, Cheddar Cubes and Apple Slices	Carrot Sticks and Sliced Cucumbers with Roasted Garlic Hummus, Pita Bread and Cheddar Cheese Cubes	<b>Salade:</b> Field Greens Salad with Balsamic Vinaigrette, Garlic and Herb French Bread with Butter <b>Entrée:</b> Spaghetti with Meat Sauce <b>Dessert:</b> Tapioca	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Chicken Noodle Soup with Carrots and Tomatoes, Served with a Roll and Milk
F r i d a y	Grapefruit Juice with Water	Whole Wheat Waffles with Syrup, Cantaloupe, Sausage, Milk	Cantaloupe Cubes, Orange and Apple Slices with Vanilla Greek Yogurt, Whole Wheat Crackers	<b>Salade:</b> Mixed Greens Salad with Ranch Dressing <b>Entrée:</b> Veggie Burgers with Roasted Potatoes <b>Dessert:</b> Mini Fruit pies with Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Crackers with Cheese, Pineapple Cubes and a Vanilla Cookie	Grilled Cheese Sandwich, Carrots and Celery Sticks, Milk