



**Milk and Water are offered at meals, Juice is offered during PM Snacks**

## School Menu

Timings	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am to 9:30am	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Whole grain cereal Banana Milk	Whole grain bread with cheese Banana Milk	Oatmeal Banana Milk	Peanut butter & whole wheat bread Banana Milk	Whole grain cereal Banana Milk
11:30am to 12:30pm	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Rice & Mixed Vegetables with Beans Oranges Milk	Pasta with Pasta sauce Vegetables & Cheese Pineapple Milk	Beans Flour Tortilla & Sweet Corn Oranges Milk	Hot Dog Bun Mashed Potatoes Apple Milk	Rice & Mixed Vegetables with Beans Pineapple Milk
2:00pm to 2:30pm	<b>PM Snacks</b>	<b>PM Snacks</b>	<b>PM Snacks</b>	<b>PM Snacks</b>	<b>PM Snacks</b>
	Graham Crackers 100% Juice Water	Animal crackers 100% Juice Water	Thin Wheat Crackers 100% Juice Water	Garden Veggie Crackers 100% Juice Water	Gold Fish 100 % Juice Water
4:30pm to 5:00pm	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Rice & Mixed Vegetables with Beans Oranges Milk	Pasta with Pasta sauce Vegetables & Cheese Pineapple Milk	Beans Flour Tortilla & Sweet Corn Apple Milk	Hot Dog Bun Mashed Potatoes Oranges Milk	Rice & Mixed Vegetables with Beans Pineapple Milk

No artificial colors, flavors or sweeteners added, globally & culturally inspired dishes

Fruits:- Fruits will be served based on availability

"Healthy eating is a form of self-respect. Our goal is to guide children in learning to serve themselves, make good food, choices, and enjoy meals together in a family-style setting, Building lifelong habits of nourishment and connection."