

Pepper Valley Learning Center Lunch Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
White Bean Soup W/Chicken Crackers Peaches	Cheeseburger Mac Salad Apple Sauce	Turkey Sandwich Pickles Pears	Chicken & Rice Casserole Broccoli Pineapple	Fish Sticks Mashed Potatoes Mixed Fruit

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Minestrone Soup Mixed Vegetables Crackers Apple Sauce	Chicken Nuggets Salad Pears	BBQ Chicken Sandwiches Corn Apple Slices	Spaghetti W/Meat Sauce Green Beans Peaches	Chili Con Carne Over Rice Salad Mixed Fruit

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Noodle Soup Mixed Vegetables Peaches	Mini Corn Dogs Cucumbers W/Dill Yogurt Dip Pears	Turkey Roll Up Pickles Pineapple	Chicken "Fried" Rice W/Vegetables Apple Slices	Beef Stroganoff Green Beans Mixed Fruit

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Bean Burrito Salad Pears	Turkey Hot Dog Cucumbers W/Dill Yogurt Dip Apple Slices	Mac & Cheese Broccoli Pineapple	Chicken Pot Pie Mixed Vegetables Peaches	Sloppy Joe's Tater Tots Mixed Fruit

Week 5 (Used for months with 5 weeks)

Monday	Tuesday	Wednesday	Thursday	Friday
Quesadillas Corn Pears	Sweet & Sour Meatballs W/Rice Green Beans Pineapple	Chicken Nuggets Salad Apple Slices	Chili Con Carne Cornbread Green Beans Peaches	Chicken Noodle Soup Mixed Vegetables Mixed Fruit

Lunch is served with 1% Milk

Nutritious Snacks are served in the morning & afternoon and include 2 food groups

Snacks Include:

Vegetables & Fruit

Cucumber, Carrots, Broccoli, Celery, Watermelon, Strawberries, Apples, Oranges, Bananas, Raisins

Grains

Wheat Crackers, Pretzels, Goldfish, Ritz Crackers,
Honey Nut Cheerios, Muffins, Oatmeal

Meat/Meat Alternative

Hummus, Peanut Butter, Sliced Turkey

Dairy

Cheese, Milk, Greek Yogurt, Pudding