

Pepper Valley Learning Center Lunch Menu

Menu 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| White Bean Soup W/Chicken Crackers Pineapple | Beef Stroganoff Green Beans Pears | Chicken & Rice Casserole Broccoli Peaches | Turkey Sandwich Salad Apple Slices | Chicken Nuggets Mashed Potatoes Mixed Fruit |

Menu 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Minestrone Soup Mixed Vegetables Crackers Pears | Fish Sticks Mashed Potatoes Pineapple | Teriyaki Chicken Over Rice Broccoli & Carrots Apple Sauce | Macaroni & Cheese Broccoli Peaches | Beefy Rice Casserole Green Beans Mixed Fruit |

Menu 3

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| Chicken Noodle Soup Mixed Vegetables Peaches | Spaghetti W/Meat Sauce Corn Pears | Bean Burrito Spanish Rice Pineapple | Breakfast Casserole W/Tater Tots Apple Sauce | Chili Con Carne Over Rice Salad Mixed Fruit |

Menu 4

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|------------------------------------|
| Sweet & Sour Meatballs W/Rice Green Beans Pears | Chicken Pot Pie Mixed Vegetables Peaches | Cheeseburger Mac Salad Apple Sauce | Mini Corn Dogs Cucumbers W/Dill Yogurt Dip Pineapple | Quesadillas Corn Mixed Fruit |

Menu 5

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------------------------------|---|---|---|
| Chicken "Fried" Rice W/Vegetables Pears | Pizza Pasta Corn Pineapple | Tater Tot Casserole Green Beans Peaches | Turkey Roll Up Salad Apple Slices | Chicken Noodle Soup Mixed Vegetables Mixed Fruit |

Menu 6

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|--|---|---|---|
| Lasagna Bake Corn Pineapple | BBQ Chicken Sandwiches Salad Apple Slices | Shepard's Pie Mashed Potatoes Pears | Turkey Hot Dog Cucumbers W/Dill Yogurt Dip Peaches | Chili Con Carne Cornbread Bake Green Beans Mixed Fruit |

Lunch is served with 1% Milk

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

Snacks Include:

Vegetables

Cucumber, Carrots, Broccoli, Celery

*Served W/Greek Yogurt Dill Dip, Hummus Dip

Fruit

Watermelon, Strawberries, Apples, Oranges, Bananas, Raisins, Seasonal Fruits

*Served W/Greek Yogurt (with honey, cinnamon or vanilla)

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