

## 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	Chicken & Rice Casserole Broccoli Pineapple	Turkey Sandwich Pickles Orange Slices	Fish Sticks Mashed Potatoes Pears

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Noodle Soup Mixed Vegetables Peaches	Spaghetti W/Meat Sauce Salad Pears	Chicken Nuggets Crispy Green Beans Orange Slices	Quesadilla Corn Apple Sauce	BBQ Chicken Sandwiches Tator Tots Apple Slices

### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Minestrone Soup Mixed Vegetables Crackers Peaches	Mini Corn Dogs Cucumbers W/Dill Yogurt Dip Apple Slices	Mac & Cheese Broccoli Pears	Sweet & Sour Beef Meatballs W/Rice Green Beans Pineapple	Turkey Roll Up Pickles Mixed Fruit

### Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Chili Con Carne Over Rice Mixed Fruit	Beef Sliders Pickles Apple Slices	Turkey Hot Dog Cucumbers W/Dill Yogurt Dip Orange Slices	Chicken "Fried" Rice W/Vegetables Apple Slices Pears	Bean Burrito Salad Peaches

### Week 5 (Used for months with 5 weeks)

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Noodle Soup Mixed Vegetables Mixed Fruit	Breakfast Casserole W/Tator Tots Eggs & Cheese Peaches	Chicken Nuggets Crispy Green Beans Orange Slices	Chicken Pot Pie Mixed Vegetables Pears	Chili Con Carne Cornbread Green Beans Apple Sauce

**\*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