LUNCH

SPROUTS EARLY LEARNING ACADEMY

Week 1

MON	SUN BUTTER AND JAM SAMMIES ON **WHEAT** SERVED WITH CUCUMBERS, CANTELOUPE, AND VEGGIE STRAWS
TUE	CHEESEBURGERS SERVED WITH DILL PICKLES, COLESLAW AND TATERTOTS
WED	TURKEY AND CHEESE ROLL UPS SERVED WITH **SUN CHIPS**, GREEN BEANS AND WATERMELON
THU	STEAMED CHICKEN AND CABBAGE DUMPLINGS SERVED WITH RICE, BROCCOLI AND GINGER SALAD
FRI	FRIED FISH SERVED WITH MASHED POTATOES, PEAS, CORN AND **WHEAT TOAST**
	LOCAL FARM FRESH WHOLE MILK LACTAID, OAT

Week 2

MON	MEATBALL SUBS SERVED WITH BROCCOLI, SALAD, AND **WHEAT TOAST**
TUE	FRIED CHICKEN AND MASHED POTATOES SERVED WITH WATERMELON, MIXED VEGGIES, AND **WHEAT TOAST**
WED	CHICKEN ALFREDO SERVED WITH SLICED TOMATOES, CUCUMBERS AND **WHEAT TOAST**
THU	CHEESE PIZZA SERVED WITH FRESH PINEAPPLE, CARROTS AND RANCH
FRI	BEEF PICADILLO OVER STEAMED RICE, SERVED WITH BELL PEPPERS, CHIPS AND FRESH TOMATO SALSA
	LOCAL FARM FRESH WHOLE MILK LACTAID, OAT MILK

Week 3

MON	TURKEY AND CHEESE PANINIS SERVED WITH POTATO CHIPS, CUCUMBERS AND BELL PEPPERS
	BLACK BEAN BURGERS SERVED WITH WATERMELON, GREEN BEANS, AND TATER TOTS
WED	CHICKEN AND CHEESE QUESADILLAS SERVED WITH CORN, FRESH TOMATO SALSA, AND TORTILLA CHIPS
THU	SUN BUTTER AND JAM SAMMIES ON **WHEAT** SERVED WITH APPLE SLICES, CARROTS AND VEGGIE STRAWS
FRI	BBQ CHICKEN SANDWICHES, SERVED WITH COLLARD GREENS, CORN BREAD AND PICKLES
	LOCAL FARM FRESH WHOLE MILK LACTAID, OAT

Week 4

MON	**GRILLED CHEESE** AND TOMATO SOUP SERVED SERVED WITH BELL PEPPERS
TUE	PASTA BOLOGNESE SERVED WITH FRESH WATERMELON AND MIXED VEGGIES, **WHEAT BREAD**
WED	MAC AND CHEESE SERVED WITH CUCUMBERS, APPLE SLICES AND VEGGIE STRAWS
THU	BURRITO CON CARNE (BEEF) SERVED WITH CORN, FRESH TOMATO SALSA, AND TORTILLA CHIPS
FRI	CHEESE PIZZA PREPARED IN HOUSE, SERVED WITH PINEAPPLE, CARROTS AND RANCH
	LOCAL FARM FRESH WHOLE MILK LACTAID, OAT