

LUNCH

SPROUTS EARLY LEARNING ACADEMY

Week 1

MON	BEAN AND CHEESE BURRITOS SERVED WITH TORTILLA CHIPS AND PINEAPPLE SALSA
TUE	CHEESEBURGERS, COLESLAW, CORN AND FRENCH FRIES
WED	TURKEY AND CHEESE ROLL UPS SERVED WITH SUN CHIPS , GREEN BEANS AND WATERMELON
THU	CHICKEN TERIYAKI OVER A BED OF RICE, SERVED WITH WHEAT TOAST , BROCCOLI AND ORANGE SLICES
FRI	FRIED FISH FINGERS SERVED WITH MIXED VEGGIES, CANTELOPE, AND WHEAT TOAST
	LOCAL FARM FRESH WHOLE MILK LACTAID, OAT

Week 2

MON	PENNE PASTA AND MEATBALLS SERVED WITH BROCCOLI, APPLE SLICES, AND GARLIC WHEAT TOAST
TUE	ROASTED CHICKEN AND MASHED POTATOES SERVED WITH MELON, FRESH PEAS, WHEAT TOAST
WED	INDIAN CHANA MASALA (CHICKPEAS) OVER RICE SERVED WITH SLICED TOMATOES AND WHEAT TOAST
THU	CHEESE PIZZA SERVED WITH CAESAR SALAD AND CUCUMBERS
FRI	BEEF PICADILLO OVER RICE SERVED WITH BELL PEPPERS, CHIPS AND SALSA
	LOCAL FARM FRESH WHOLE MILK LACTAID, OAT MILK

Week 3

MON	FRIED CHICKEN AND MASHED POTATOES, GREEN BEANS, ORANGES, AND WHEAT TOAST
	BLACK BEAN BURGERS SERVED WITH WATERMELON, TOSSED SALAD, AND WHEAT TOAST
WED	BBQ PULLED CHICKEN ON WHEAT , SERVED WITH COLLARD GREENS, CORN BREAD, AND BAKED BEANS
THU	SUN BUTTER AND JAM SAMMIES ON WHEAT SERVED WITH APPLES AND FRESH CUCUMBERS
FRI	GRILLED CHICKEN AND CHEESE QUESADILLAS SERVED WITH CORN, SALSA, AND TORTILLA CHIPS
	LOCAL FARM FRESH WHOLE MILK LACTAID, OAT

Week 4

MON	TERIYAKI CHICKEN SERVED OVER RICE SERVED WITH BROCCOLI, PINEAPPLE, AND WHEAT TOAST
TUE	PASTA BOLOGNESE SERVED WITH FRESH WATERMELON AND MIXED VEGGIES, WHEAT BREAD
WED	TURKEY AND MONTEREY JACK CHEESE SAMMIES ON WHEAT TOAST SERVED WITH FRESH ORANGE SLICES AND GREEN BEANS
THU	CHEESE ENCHILADAS SERVED WITH CORN, SALSA, AND TORTILLA CHIPS
FRI	CHEESE PIZZA SERVED WITH CAESAR SALAD AND CUCUMBERS
	LOCAL FARM FRESH WHOLE MILK LACTAID, OAT