



# A Week Of Delicious Meals

Day	Meal	Menu Item	Gluten Free	Vegetarian Alternatives
Saturday	Breakfast	Breakfast Burritos Scrambled Eggs Turkey Sausage Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	Breakfast Burritos with Corn Tortillas Scrambled Eggs Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	Cheese Blintzes with Blueberries Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt
	Lunch	Chinese Food Chicken Stir Fry Beef & Broccoli Steamed Rice Spring Rolls Salad & Deli Bar Yogurt	GF Chinese Food Stir Fry GF Soy Sauce Steamed Rice Salad & Deli Bar Yogurt	Tofu Stir Fry Steamed Rice Cold Pasta Salad
	Dinner	Chicken Tenders French Fries Ranch Dressing & Honey Mustard Carrot & Celery Sticks Salad & Deli Bar Yogurt Ice Cream	Bell & Evan GF Chicken Fingers Separately made Fries Ranch Dressing & Honey Mustard Carrot & Celery Sticks Salad Bar & Deli Bar Yogurt GF Ice Cream & Tofutie Cuties	Kale, Potato & Carrot Casserole Salad Bar Yogurt
Sunday	Breakfast	Scrambled Eggs French Toast Sticks	Scrambled Eggs Homemade GF French Toast Sticks	Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt



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		Cold Cereal Hot Cereal	Cold Cereal Real Maple Syrup Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	
		Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt		
	Lunch	Cheese Tortellini  Marinara & Pesto Sauces  Grilled Vegetables Bread Sticks Salad Bar & Deli Bar	GF Pasta  Grilled Vegetables Marinara & Ricotta Cheese Sauces GF Bread Sticks Salad Bar & Deli Bar	Spinach, Portabello & Vegetable Couscous  Salad Bar & Deli Bar
	Dinner	Baked Chicken With Cranberry Sauce Stuffing Gravy  Rice  Fresh Steamed Vegetables  Salad Bar & Deli Bar Camp Cookies	Baked Chicken  Cranberry Sauce  Rice Fresh Steamed Vegetables Salad Bar & Deli Bar GF Choc. Chip Cookies	Penne Pasta With Mozzarella & Olive Oil
<b>Monday</b>	Breakfast	Biscuits Sausage Scrambled Eggs	Scrambled Eggs GF English Muffins	Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt



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		Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	GF Bagels Honey Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	
Tuesday	Lunch	Grilled Cheese Sandwiches Tomato Soup Salad Bar & Deli Bar Chips	GF Grilled Cheese Sandwiches Tomato Soup Salad Bar & Deli Bar Chips	Quinoa with Roasted Vegetables
	Dinner	Pizza Caesar Salad Salad Bar & Deli Bar Ice Cream	GF Pizza Caesar Salad NO CROUTONS Salad Bar & Deli Bar GF Ice Cream & Tofutie Cuties	Brown Rice with White Beans
	Breakfast	Pancakes Bacon Scrambled Eggs Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	GF Pancakes Bacon Scrambled Eggs Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt
	Lunch	Chicken Patty Sandwiches	Belle & Evans GF Chicken Patty Sandwiches	Veggie Burgers



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		Lettuce, Tomato & Onions Onion Rings Salad Bar & Deli Bar	Lettuce, Tomato & Onions Homemade GF Onion Rings Salad Bar & Deli Bar	
	Dinner	Penne Pasta Alfredo & Marinara Sauces Garlic Bread Beef Meatballs Steamed Broccoli Salad Bar & Deli Bar Homemade Brownies	GF Penne Pasta Alfredo & Marinara Sauces  Chicken Meatballs Steamed Broccoli Salad Bar & Deli Bar GF Brownies	Black Bean & Corn Salad
Wed	Breakfast	Homemade Blueberry Muffins  Scrambled Eggs Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	GF Blueberry Muffins Scrambled Eggs Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt
	Lunch	Chicken Fajita  Spanish Rice Grilled Vegetables Salsa & Sour Cream Salad Bar & Deli Bar	GF Corn Tortilla Grilled Chicken Homemade Spanish Rice Grilled Vegetables Salsa & Sour Cream Salad Bar & Deli Bar	White Bean Salad Spanish Rice
	Dinner	Beef Tips & Grilled Chicken Roasted Potatoes Grilled Vegetables	Beef Tips & Grilled Chicken Roasted Potatoes Grilled Vegetables	Eggplant Rollatini



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Thursday	Breakfast	Rice Krispie Treats Croissants Scrambled Eggs Hashbrowns Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	GF Rice Krispie Treats GF Bagels Hashbrowns Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt
	Lunch	Deli Day & Outdoor Picnic	GF Bread & Buns Deli Day & Outdoor Picnic	Curried Vegetable Salad
	Dinner	Unit Outdoor Cookouts Grilled Hotdogs & Hamburgers Grilled Fresh Watermelon Camp Cookies	GF Bread & Buns  GF Cookies	Grilled Veggie Burgers Grilled Turkey Dogs Pasta Salad Yogurt
Friday	Breakfast	Freshly Baked Orange Scrambled Eggs Cranberry Muffins Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	Scrambled Eggs GF Muffins Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt
	Lunch	Chicken Wings Buffalo & BBQ Sauces Hummus & Pita Potatoes Au Gratin	Chicken Wings Buffalo & BBQ Sauces Hummus & GF Crackers Potatoes Au Gratin	Macaroni & Cheese



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<b>Saturday</b>		Fresh Vegetables Salad Bar & Deli Bar	Fresh Vegetables Salad Bar & Deli Bar	
	Dinner	Stuffed Shells Garlic bread Vegetables Freshly Baked Cake Salad Bar & Deli Bar Cupcakes	GF Pasta Ricotta Cheese Sauce GF Garlic Bread GF Cookies Salad Bar & Deli Bar GF Cupcakes	
	Breakfast	Freshly Baked Cinnamon Rolls Cold Cereal Bagels Scrambled Eggs Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	GF Donuts Scrambled Eggs Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt	Breakfast Salad Bar With Dried & Fresh Fruit & Yogurt
	Lunch	Chicken & Beef Meatball Subs Marinara Sauce Cheese Sticks Salad Bar & Deli Bar	GF Sub Rolls Homemade Onion Rings Salad Bar & Deli Bar	Homemade Hummus & Vegetables
	Dinner	New Ravioli Veggies Italian Bread Salad Bar & Deli Bar Ice Cream	GF Pasta w/Grilled veggies GF Muffins/Donuts/Cookies Salad Bar & Deli Bar GF Ice Cream & Tofuti Cuties	Eggplant Rolatini



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**So what do you think about our menu? Does it look tasty? We'd love to know your thoughts about the meals that we offer, and if they would meet your child's needs. Please send us an email, especially if you have ideas or suggestions.**

**[Jason@kenwood-evergreen.com](mailto:Jason@kenwood-evergreen.com)**