ST. MARTIN'S LUTHERAN PRESCHOOL

SAMPLE LUNCH MENU

Sample of the meals served on a rotating 4 week cycle.

MON	TUE	WED	THU	FRI
Hamburger on Sweetish Hill Whole Wheat Bun Optional American Cheese Home Fries Carrot & Celery Sticks Daily Fruit	Turkey Chili Mac Fresh Cooked Broccoli Baguette Slice Daily Fruit	Hand-Breaded Chicken Tenders Oven Roasted Sweet Potatoes Cauliflower & Peas Fruit of the Day	Beef & Cheese Tacos Steamed Basmati Rice Seasoned Green Beans Fresh Fruit	Turkey Frito Pie Optional: Grated Cheddar Golden Corn Fruit of the Day
Pizza on Sweetish Hill Whole Wheat Crust with Mozzarella and Roasted Vegetable Sauce Carrot, Celery, Zucchini Fruit of the Day	Baked Ziti with Beef and Roasted Vegetable Marinara Seasoned Green Beans Fresh Fruit	Glazed Teriyaki Chicken Steamed Basmati Rice Broccoli & Peppers Fresh Fruit	Chicken & Waffles Seasonal Vegetable Fruit of the Day	Home Style Meatloaf Mashed Potatoes Peas and Carrot Fresh Fruit
Grilled Cheese Sandwich Seasonal Vegetable Fruit of the Day	Spaghetti with Home-made Turkey Meatballs Marinara or Pesto Fresh Cooked Broccoli Fruit of the Day	Natural Sliced Ham Cheesy Rice Honey Glazed Carrots Daily Fruit	Sloppy Joe on Sweetish Hill Whole Wheat Bun Oven-Fried Potatoes Seasoned Green Beans Fresh Fruit	Cheese Quesadillas with Beans Roasted Vegetable Fruit of the Day
Hamburger on Sweetish Hill Whole Wheat Bun Optional American Cheese Home Fries Carrot & Celery Sticks Daily Fruit	Asian Meatballs Over Egg Noodles Carrots, Peppers, Cabbage, Broccoli, and Chestnuts Daily Fruit	Natural Baked Chicken on Flour Tortillas Pinto Beans Honey Glazed Carrots Daily Fruit	Pasta Bolognese With Roasted Vegetable Marinara Fresh Cooked Broccoli Fresh Fruit	Pulled Pork Sliders Cauliflower Mac'n Cheese Fruit of the Day
Morning Snacks: Seasonal Fruit	Graham Crackers & Raisins/ Nutri-grain	Waffles with Cinnamon Powdered Sugar	Seasonal Fruit	Cereal Trail Mix
Afternoon Snacks: Challah Bread with	Focaccia, Carrot or	Mozzarella Sticks and	Challah Bread with	Baguette with Cheese