

SAINT NICHOLAS SCHOOLS MENU

Early Morning:
6:30-6:45

Breakfast:
7:15-7:45

Morning Snack:
9:30-9:45

Lunch:
11:00-12:30

Afternoon Tea:
4:00-4:15

Supper:
5:00

WEEK 4						
M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Cantaloupe Slices, Vanilla Greek Yogurt, Milk	Diced Pineapples, Cantaloupe and Orange Slices with Fromage Frais	Salade: Tossed Green Salad, Wheat Toast with Butter Entrée: Sauteed Chicken, with Roasted Potatoes and Vegetables Dessert: Strawberry and Kiwi Slices with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Chicken Salad Sandwich, Celery Sticks, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Kiwi, Milk	Cucumber Slices and Carrot Sticks with Ranch Dip, Cheddar Cheese Cubes, Pita Bread	Salade: Greek Salad, Warm French Bread with Butter Entrée: Sauteed beef with broccoli and carrots over quinoa Dessert: Vanilla Greek Yogurt with Apple and Cantaloupe Slices	Peppermint Herbal Tea, Cheese Finger Sandwiches, Vanilla Cookie and Apple Slices	Turkey Dogs, Celery Sticks, Milk
W e d n e s d a y	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Grapes, Vanilla Greek Yogurt, Milk	Apple, Cantaloupe, and Pineapple Slices, Vanilla Greek Yogurt and Whole Wheat Crackers	Salade: Spinach Salad with Vinaigrette, Garlic Toast with Butter Entrée: Tacos with Sauteed Tilapia, Cabbage and Tropical Rice Dessert: Vanilla Pudding Parfait with Banana Slices	Black Cherry Berry Herbal Tea, Turkey Wraps, Popcorn, and Cantaloupe Slices	Ham and Swiss Melt, Cucumber Slices, Milk
T h u r s d a y	Pomegranate Juice with Water	Hard Boiled Egg, Served with Toast, Cheddar Cubes and Apple Slices	Carrot Sticks and Sliced Cucumbers with Roasted Garlic Hummus, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, Garlic and Herb French Bread with Butter Entrée: Spaghetti with Meat Sauce Dessert: Tapioca	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Chicken Noodle Soup with Carrots and Tomatoes, Served with a Roll and Milk
F r i d a y	Grapefruit Juice with Water	Whole Wheat Waffles with Syrup, Cantaloupe, Sausage, Milk	Cantaloupe Cubes, Orange and Apple Slices with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing Entrée: Veggie Burgers with Roasted Potatoes Dessert: Mini Fruit pies with Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Crackers with Cheese, Pineapple Cubes and a Vanilla Cookie	Grilled Cheese Sandwich, Carrots and Celery Sticks, Milk