

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 5						
M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Apple Slices, Vanilla Greek Yogurt, Milk	Orange and Apple Slices, Pineapple with Fromage Frais	Salade: Tossed Green Salad, French Bread, Butter Entrée: Chicken Pot Pie Dessert: Apples with Brie	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix and Apple Slices	Corn Dogs, Carrot Sticks, Milk
T u e s d a y	Apple Juice with Water	Soft Boiled Egg, Raisin Toast with Butter, Grapes, Milk	Cucumber Slices and Carrot Sticks with Ranch, Cheddar Cheese Cubes	Salade: Greek Salad, French Bread with Butter Entrée: Roast with Vegetables and Potatoes Dessert: Vanilla Greek Yogurt with Sliced Apples and Cheddar Cheese Cubes	Peppermint Herbal Tea, Turkey Finger Sandwiches, Vanilla Cookie and Cantaloupe	Beef Tacos with Beans, Milk
W e d n e s d a y	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Apple Slices, Vanilla Greek Yogurt, Milk	Apple, Banana and Orange Slices, Vanilla Greek Yogurt and Whole Wheat Crackers	Salade: Spinach Salad with Vinaigrette, French Bread with Butter Entrée: Chicken with Bowtie Pasta, Spinach, Tomatoes, Broccoli and Zucchini Dessert: Banana Pudding Parfait	Black Cherry Berry Herbal Tea, Chicken Salad Finger Sandwiches, and a Oatmeal Raisin Cookie	Chicken Salad Sandwich, Grapes, Milk
T h u r s d a y	Pomegranate Juice with Water	Omelet, Toast with Butter, Grapes, Kefir/ Milk	Celery Sticks and Sliced Cucumbers with Hummus, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, French Bread with Butter Entrée: Sauteed Fish, with Mashed Potatoes, and Green Beans Dessert: Berry Parfait with Vanilla	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Chicken Tortilla Soup, and Milk
F r i d a y	Grapefruit Juice with Water	Yogurt Pancakes with Syrup, Turkey Sausage, Banana Slices, Milk	Pineapple, Cantaloupe, and Sliced Apples with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing, French Bread with Butter Entrée: Black Bean and Cheese Enchiladas Dessert: Cantaloupe, Pineapple and Cheddar Cheese Cubes	Honey Vanilla Chamomile Herbal Tea, Cheese Crackers, and a Vanilla Cookie, and Apple Slices	Sunflower Butter Sandwich, Banana Slices, Milk