

# 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 2						
M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Cantaloupe, Vanilla Greek Yogurt, Milk	Sliced Apples, Cantaloupe Slices, and Grapes with Fromage Frais	<b>Salade:</b> Tossed Green Salad, Wheat Toast with Butter <b>Entrée:</b> Shepherd's Pie <b>Dessert:</b> Apples, and Orange Slices with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Beef and Cheese Tacos, Beans, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Kiwi, Milk	Celery and Carrot Sticks with Ranch Dip, Cheese Cubes, Pita Bread	<b>Salade:</b> Greek Salad, Warm French Bread with Butter <b>Entrée:</b> Chicken Tenders with Corn and Diced Potatoes <b>Dessert:</b> Vanilla Greek Yogurt with Cantaloupe Slices	Peppermint Herbal Tea, Crackers with Cheese and Turkey and Orange Slices	Homemade Chicken Noodle Soup, Roll and Milk
W e d n e s d a y	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Banana Slices, Vanilla Greek Yogurt, Milk	Apples, Bananas, and Oranges, Vanilla Greek Yogurt	<b>Salade:</b> Spinach Salad with Vinaigrette, Cornbread with Butter <b>Entrée:</b> Beef Stew <b>Dessert:</b> Vanilla Pudding Parfait with Banana Slices	Black Cherry Berry Herbal Tea, Ham and Swiss Finger Sandwiches, Popcorn, and Cantaloupe Slices	Ham and Swiss Melt, Carrot and Celery Sticks, Milk
T h u r s d a y	Pomegranate Juice with Water	Boiled Eggs with Toast, Cheddar Cubes and Grapes	Carrot Sticks and Sliced Cucumbers with Hummus, Pita Bread, Hard Cooked Egg Slices and Cheddar Cheese Cubes	<b>Salade:</b> Field Greens Salad with Balsamic Vinaigrette with Butter <b>Entrée:</b> Black Bean and Cheese Quesadillas with Spanish Rice <b>Dessert:</b> Apple Tart with Vanilla Custard	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Cheddar Broccoli Soup, and Milk
F r i d a y	Grapefruit Juice with Water	Yogurt Whole Grain Waffles with Syrup, Apple Slices, Sausage, Milk	Cantaloupe, Oranges, and Sliced Apples with Vanilla Greek Yogurt, Whole Wheat Crackers	<b>Salade:</b> Mixed Greens Salad with Ranch Dressing <b>Entrée:</b> Tuna Casserole <b>Dessert:</b> Mini Fruit pies with Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Cheese Finger Sandwiches, Apple Slices and a Vanilla Cookie	Grilled Cheese, Apple Sauce, and Carrot Sticks, Milk