



# cefa<sup>®</sup>

## CHEF'S MENU

June 3rd to June 7th, 2019

Monday	Breakfast	Cheerios & Banana's Served with Fresh Fruit and Milk
	Lunch	Grill Cheese Sandwiches Served with tomato soup
	Snack	Savory Platter Served with Milk and Vegetables
Tuesday	Breakfast	English Muffins with Jam Served with Fresh Fruit and Milk
	Lunch	Vegetarian Chili Served with Fresh Salad or Steamed Vegetables
	Snack	Apple Cinnamon Muffins Served with Vegetables
Wednesday	Breakfast	Scrambled Eggs and Hash browns Served with Fresh Fruit and Milk
	Lunch	Chicken Stir Fry and Rice Served with Fresh Salad or Steamed Vegetables
	Snack	Yogurt & Granola Served with Fresh Vegetables
Thursday	Breakfast	Homemade Pancakes Served with Fresh Fruit and Milk
	Lunch	Pasta & Meat Sauce Served with Fresh Salad or Steamed Vegetables
	Snack	Banana Loaf Served with Fresh Vegetables
Friday	Breakfast	French Toast Served with Fresh Fruit and Milk
	Lunch	Taco Beef Served on Rice Served with Fresh Salad or Steamed Vegetables
	Snack	Raisin Bran Muffins Served with Fresh Vegetables and Milk

Our menu is designed by a nutritionist specifically to meet your child's needs, and made fresh every day, with love, by our CEFA Chef.