



cefa[®]

CHEF'S MENU

March 2nd – March 6th

Monday

Breakfast Cereal & Fruit
Served with Fresh Fruit and Milk

Lunch Turkey and Barley Soup
Served with Fresh Salad or Steamed Vegetables

Snack Mixed Berry Parfait
Served with Fresh Vegetables and Milk

Tuesday

Breakfast Banana Flapjacks
Served with Fresh Fruit and Milk

Lunch Homemade Macaroni & Cheese
Served with Fresh Salad or Steamed Vegetables

Snack Hummus Veggies & Toasted Pita
Served with Fresh Vegetables and Milk

Wednesday

Breakfast English Muffins with Jam
Served with Fresh Fruit and Milk

Lunch Spaghetti & Meat Sauce
Served with Fresh Salad or Steamed Vegetables

Snack Carrot Loaf
Served with Fresh Vegetables and Milk

Thursday

Breakfast Scrambled Eggs with Turkey Bacon
Served with Fresh Fruit and Milk

Lunch Apple Tuna Salad on Whole Wheat
Served with Fresh Salad or Steamed Vegetables

Snack Monster Trail Mix
Served with Fresh Vegetables and Milk

Friday

Breakfast Cinnamon Toast
Served with Fresh Fruit and Milk

Lunch Oven Baked Chicken and Rice
Served with Fresh Salad or Steamed Vegetables

Snack Banana Bread
Served with Fresh Vegetables and Milk

Subject to Change



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CHEF'S MENU

March 9th – March 13th

Monday

Breakfast Cereal & Fruit
Served with Fresh Fruit and Milk

Lunch Sweet Sour Tofu & Rice
Served with Fresh Salad or Steamed Vegetables

Snack Stone wheat Crackers with Cream Cheese & Apple Slices
Served with Fresh Vegetables and Milk

Tuesday

Breakfast Cinnamon Oatmeal
Served with Fresh Fruit and Milk

Lunch Turkey and Barley Soup
Served with Fresh Salad or Steamed Vegetables

Snack Mixed Berry Parfait
Served with Fresh Vegetables and Milk

Wednesday

Breakfast Banana Flapjacks
Served with Fresh Fruit and Milk

Lunch Homemade Macaroni & Cheese
Served with Fresh Salad or Steamed Vegetables

Snack Hummus Veggies & Toasted Pita
Served with Fresh Vegetables and Milk

Thursday

Breakfast English Muffins with Jam
Served with Fresh Fruit and Milk

Lunch Spaghetti & Meat Sauce
Served with Fresh Salad or Steamed Vegetables

Snack Carrot Loaf
Served with Fresh Vegetables and Milk

Friday

Breakfast Scrambled Eggs and Turkey Bacon
Served with Fresh Fruit and Milk

Lunch Apple Tuna Salad on Whole Wheat
Served with Fresh Salad or Steamed Vegetables

Snack Monster Trail Mix
Served with Fresh Vegetables and Milk

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CHEF'S MENU

March 23th - March 27th

Monday	Breakfast	Cereal & Fruit Served with Fresh Fruit and Milk
	Lunch	Oven Baked Chicken & Rice Served with Fresh Salad or Steamed Vegetables
	Snack	Banana Bread Served with Fresh Vegetables and Milk
Tuesday	Breakfast	Cinnamon Toast Served with Fresh Fruit and Milk
	Lunch	Sweet Sour Tofu & Rice Served with Fresh Salad or Steamed Vegetables
	Snack	Stone wheat Crackers with Cream Cheese & Apple Slices Served with Fresh Vegetables and Milk
Wednesday	Breakfast	Cinnamon Oatmeal Served with Fresh Fruit and Milk
	Lunch	Turkey and Barley Soup Served with Fresh Salad or Steamed Vegetables
	Snack	Mixed Berry Parfait Served with Fresh Vegetables and Milk
Thursday	Breakfast	Banana Flapjacks Served with Fresh Fruit and Milk
	Lunch	Homemade Macaroni & Cheese Served with Fresh Salad or Steamed Vegetables
	Snack	Hummus Veggies & Toasted Pita Served with Fresh Vegetables and Milk
Friday	Breakfast	English Muffins with Jam Served with Fresh Fruit and Milk
	Lunch	Spaghetti & Meat Sauce Served with Fresh Salad or Steamed Vegetables
	Snack	Carrot Loaf Served with Fresh Vegetables and Milk

Subject to Change.



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CHEF'S MENU

March 30th - April 3rd

Monday	Breakfast	Cereal & Fruit Served with Fresh Fruit and Milk
	Lunch	Apple Tuna Salad on Whole Wheat Served with Fresh Salad or Steamed Vegetables
	Snack	Monster Trail Mix Served with Fresh Vegetables and Milk
Tuesday	Breakfast	Scrambled Eggs with Turkey Bacon Served with Fresh Fruit and Milk
	Lunch	Oven Baked Chicken and Rice Served with Fresh Salad or Steamed Vegetables
	Snack	Banana Bread Served with Fresh Vegetables and Milk
Wednesday	Breakfast	Cinnamon Toast Served with Fresh Fruit and Milk
	Lunch	Sweet Sour Tofu & Rice Served with Fresh Salad or Steamed Vegetables
	Snack	Stone wheat Crackers with Cream Cheese & Apple Slices Served with Fresh Vegetables and Milk
Thursday	Breakfast	Cinnamon Oatmeal Served with Fresh Fruit and Milk
	Lunch	Turkey and Barley Soup Served with Fresh Salad or Steamed Vegetables
	Snack	Mixed Berry Parfait Served with Fresh Vegetables and Milk
Friday	Breakfast	Banana Flapjacks Served with Fresh Fruit and Milk
	Lunch	cefa Fun Day
	Snack	Hummus Veggies & Stone wheat Crackers Served with Fresh Vegetables and Milk

Subject to Change.