



# cefa<sup>®</sup>

## 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	<b>cefa Fun Day</b>
	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	Oven Baked Chicken and Rice Served with Fresh Salad or Steamed Vegetables
	Snack	Hummus Veggies & Stone wheat Crackers Served with Fresh Vegetables and Milk

Subject to Change.