

# Children's Menu 2023



You may receive for MONDAYS:	You may receive for TUESDAYS:	You may receive for WEDNESDAYS:	You may receive for THURSDAYS:	You may receive for FRIDAYS:	You may receive for SATURDAYS:	You may receive for SUNDAYS:
<b>Weekly Breakfast Kit:</b>	<b>Low fat milk, hot &amp; cold cereals, yogurt and fruit</b>					
<b>Soup (Snack):</b> Cuban Black Bean <sup>v</sup> Cannellini Bean & Barley <sup>v</sup> Caramelized Onion <sup>v</sup> Curried Carrot <sup>v</sup> Fresh Fruit	<b>Soup (Snack):</b> Split Pea Soup <sup>v</sup> Curried Red Beet <sup>v</sup> Coconut Curry <sup>v</sup> Corn Gazpacho <sup>v</sup> Cheese	<b>Soup (Snack):</b> Puree of Mushroom <sup>v</sup> Smokey Three Bean <sup>v</sup> Puree of Parsnip <sup>v</sup> Spinach Minestrone <sup>v</sup> Granola Bar	<b>Soup (Snack):</b> Turmeric Lemongrass <sup>v</sup> Puree of Summer Squash <sup>v</sup> Butternut Squash Puree <sup>v</sup> Quinoa Vegetable <sup>v</sup> Granola Bar	<b>Soup (Snack):</b> Potato White Bean <sup>v</sup> Lemony Lentil <sup>v</sup> Curried Potato <sup>v</sup> Smoky Eggplant <sup>v</sup> Fresh Fruit	<b>Soup (Snack):</b> Celery & Roasted Garlic <sup>v</sup> Potato Broccoli <sup>v</sup> Vegetable Puree <sup>v</sup> Black Bean & Hominy <sup>v</sup> Cheese	<b>Soup (Snack):</b> Creole Vegetable <sup>v</sup> Yellow Pea <sup>v</sup> Black Eyed Peas & Collard Greens <sup>v</sup> Vegan Sancocho <sup>v</sup> Fresh Fruit
<b>Entrée:</b> Salmon with Herb Pesto Quinoa Pilaf Mixed Vegetables  Miso Glazed Cod Green Fried Millet Mixed Vegetables  Baja Fish w/ Lime Sauce Tomato Rice Mixed Vegetables  Ginger Glazed Pollock w Asian Slaw Mixed Vegetables	<b>Entrée:</b> Brown Stew Chicken Bulgur w/ Pigeon Peas Mixed Vegetables  Chicken w/ Peppers and Onions Pasta Mixed Vegetables  Crustless Chicken Pot Pie Mixed Vegetables  Adobo Glazed Chicken Garlic Rice w/ Corn Potato Cauliflower Mash	<b>Entrée:</b> Braised Beef w/ Mint & Sumac Mixed Vegetables  Ginger Braised Beef Peas and Pearls Mixed Vegetables  Beef Burger w House Made Ketchup Mixed Vegetables  Beef Picadillo Garlic Rice Mixed Vegetables	<b>Entrée:</b> Kale Burger <sup>v</sup> Mashed Potatoes Mixed Vegetables  Black & White Bean Stew <sup>v</sup> Mixed Vegetables  Vegetable Burger <sup>v</sup> Bulgur Wheat Mixed Vegetables  Chickpea Curry <sup>v</sup> Couscous Mixed Vegetables	<b>Entrée:</b> Braised Pork and Beans Mixed Vegetables  Sweet and Sour Pork White Rice Mixed Vegetables  Smothered Pork Stew Smashed Potato Mixed Vegetables  Sofrito Diced Pork Quinoa with Pigeon Peas Mixed Vegetables	<b>Entrée:</b> Escabeche Style Fish Black Bean Puree Mixed Vegetables  Cape Cod Baked Fish Red Quinoa Rice Mixed Vegetables  Teriyaki Glazed Salmon Five Spice Rice Mixed Vegetables  Pollock w Caper Relish Pesto Pasta Shells Mixed Vegetables	<b>Entrée:</b> Minced Beef w Black Eyed Peas Curried Rice Mixed Vegetables  Sofrito Meatloaf Sweet Potato Mash Mixed Vegetables  Beef Chili Verde Yellow Rice Mixed Vegetables  Balsamic Beef Sliders Basil Mashed Potatoes Mixed Vegetables
<b>Dessert:</b> In-house Baked Cookie	<b>Dessert:</b> Fruit	<b>Dessert:</b> Fruit	<b>Dessert:</b> Crumb Cake	<b>Dessert:</b> Fruit	<b>Dessert:</b> Fruit	<b>Dessert:</b> Fruit

<sup>v</sup> = Vegetarian