

SAINT NICHOLAS SCHOOL 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 1

M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Grapes, Vanilla Greek Yogurt, Milk	Apple Slices and Cantaloupe Slices, with Grapes and Fromage Frais	Salade: Tossed Green Salad, Wheat Toast with Butter Entrée: Chicken Tacos, Lettuce, Tomato and Cheese with Spanish Rice and Charro Beans Dessert: Apples, and Kiwi with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Homemade Chicken Noodle Soup, Roll, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Apple Slices, Milk	Celery and Carrot Sticks with Ranch Dip, Cheddar Cheese Cubes	Salade: Greek Salad, Warm French Bread with Butter Entrée: Spaghetti with Meat Sauce Dessert: Vanilla Greek Yogurt with Apple and Cantaloupe Slices	Peppermint Herbal Tea, Cheese Finger Sandwiches, Vanilla Cookie and Apple Slices	Cheese Quesadillas, Beans, 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	Apple, Cantaloupe, Hard Cooked Egg Slices, and Crackers	Salade: Spinach Salad with Vinaigrette, Cheese and Garlic Toast with Butter Entrée: BBQ Chicken Legumes: Corn and Mashed Potatoes Dessert: Banana Pudding Parfait	Black Cherry Berry Herbal Tea, Turkey Finger Sandwiches, Popcorn, and Cantaloupe Slices	Ham and Provolone Melt, Carrot and Celery Sticks, Milk
T h u r s d a y	Pomegranate Juice with Water	Scrambled Eggs with Tomatoes, Cheese, Spinach and Turkey, Toast with Butter, Grapes, Kefir/ Milk	Carrot Sticks and Sliced Cucumbers with Hummus, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, Garlic and Herb French Bread with Butter Entrée: Chili and rice with cheese Dessert: Strawberry and Kiwi Parfait with Vanilla Greek Yogurt	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Tomato Vegetable and Noodle Soup, Toast and Milk
F r i d a y	Grapefruit Juice with Water	Yogurt Whole Grain Pancakes with Syrup, Cantaloupe, Sausage, Milk	Cantaloupe, Orange, and Apple Slices with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing, Warm Rye Bread with Butter Entrée: Spinach and Cheese Lasagna with Sautéed Vegetables Dessert: Mini Fruit pies with a Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Cheese Finger Sandwiches, Pineapple Cubes and a Vanilla Cookie	Turkey Dog with Carrots, Milk

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Supper:
5:00

WEEK 2

	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
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	Salade: Tossed Green Salad, Wheat Toast with Butter Entrée: Shepherd's Pie Dessert: 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	Salade: Greek Salad, Warm French Bread with Butter Entrée: Chicken Tenders with Corn and Diced Potatoes Dessert: 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	Salade: Spinach Salad with Vinaigrette, Cornbread with Butter Entrée: Beef Stew Dessert: 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	Salade: Field Greens Salad with Balsamic Vinaigrette with Butter Entrée: Black Bean and Cheese Quesadillas with Spanish Rice Dessert: 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	Salade: Mixed Greens Salad with Ranch Dressing Entrée: Chicken pasta alfredo Dessert: 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

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WEEK 3

M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Cantaloupe, Vanilla Greek Yogurt, Milk	Diced Pineapples, Cantaloupe Slices, and Apple Slices with Fromage Frais	Salade: Tossed Green Salad, Wheat Toast with Butter Entrée: Lemon Pepper Chicken with Quinoa and Sauteed Vegetables Dessert: Strawberry and Kiwi Slices with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Homemade Chicken Tortilla Soup, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Kiwi, Milk	Cucumber Slices, Celery and Carrot Sticks with Hummus, Pita Bread	Salade: Greek Salad, Warm French Bread with Butter Entrée: Beef Tacos with Charro Beans and Spanish Rice Dessert: Vanilla Greek Yogurt with Apple and Cantaloupe Slices	Peppermint Herbal Tea, Grilled Cheese Sandwiches, Vanilla Cookie and Orange Slices	Roasted Chicken and Provolone Melt, Cucumber Slices and Spinach, Milk
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	Apple, Cantaloupe Slices, Cheddar Cheese Cubes, Hard Cooked Eggs and Whole Wheat Crackers	Salade: Spinach Salad with Vinaigrette, Garlic Toast with Butter Entrée: Chili and rice with cheese Dessert: Vanilla Pudding Parfait with Banana Slices	Black Cherry Berry Herbal Tea, Turkey and Swiss Finger Sandwiches, Popcorn, and Cantaloupe Slices	Ham and Cheese Quesadillas, Apple Slices, and Milk
T h u r s d a y	Pomegranate Juice with Water	Hard Cooked Eggs with Toast, Cheddar Cubes and Apple Slices	Carrot Sticks and Sliced Cucumbers with Ranch Dip, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, Garlic and Herb French Bread with Butter Entrée: Hunan Chicken with Sauteed Vegetables Dessert: Tapioca	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Orange Slices	Homemade Vegetable soup and Milk
F r i d a y	Grapefruit Juice with Water	Yogurt Whole Grain Pancakes with Syrup, Cantaloupe, Bacon, Milk	Cantaloupe, Orange and Apple Slice with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing, Warm Rye Bread with Butter Entrée: Spinach, Mushroom and Cheese Lasagna with Sautéed Vegetables Dessert: Mini Fruit pies with a Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Cheese Finger Sandwiches, Pineapple Cubes and a Vanilla Cookie	Sunflower Butter Sandwich, Carrots and Celery Sticks, Milk

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WEEK 4

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M o n d a y	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Cantaloupe Slices, Vanilla Greek Yogurt, Milk	Diced Pineapples, Cantaloupe and Orange Slices with Fromage Frais	Salade: Tossed Green Salad, Wheat Toast with Butter Entrée: Sauteed Chicken, with Roasted Potatoes and Vegetables Dessert: Strawberry and Kiwi Slices with Swiss Cubes	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix, Apple Slices	Chicken Salad Sandwich, Celery Sticks, Milk
T u e s d a y	Apple Juice with Water	Scrambled Eggs, Raisin Toast with Butter, Kiwi, Milk	Cucumber Slices and Carrot Sticks with Ranch Dip, Cheddar Cheese Cubes, Pita Bread	Salade: Greek Salad, Warm French Bread with Butter Entrée: Sauteed beef with broccoli and carrots over quinoa Dessert: Vanilla Greek Yogurt with Apple and Cantaloupe Slices	Peppermint Herbal Tea, Cheese Finger Sandwiches, Vanilla Cookie and Apple Slices	Turkey Dogs, Celery Sticks, Milk
W e d n e s d a y	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Grapes, Vanilla Greek Yogurt, Milk	Apple, Cantaloupe, and Pineapple Slices, Vanilla Greek Yogurt and Whole Wheat Crackers	Salade: Spinach Salad with Vinaigrette, Garlic Toast with Butter Entrée: Turkey Tacos with Spanish Rice Dessert: Vanilla Pudding Parfait with Banana Slices	Black Cherry Berry Herbal Tea, Turkey Wraps, Popcorn, and Cantaloupe Slices	Ham and Swiss Melt, Cucumber Slices, Milk
T h u r s d a y	Pomegranate Juice with Water	Hard Boiled Egg, Served with Toast, Cheddar Cubes and Apple Slices	Carrot Sticks and Sliced Cucumbers with Roasted Garlic Hummus, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, Garlic and Herb French Bread with Butter Entrée: Spaghetti with Meat Sauce Dessert: Tapioca	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Chicken Noodle Soup with Carrots and Tomatoes, Served with a Roll and Milk
F r i d a y	Grapefruit Juice with Water	Whole Wheat Waffles with Syrup, Cantaloupe, Sausage, Milk	Cantaloupe Cubes, Orange and Apple Slices with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing Entrée: Veggie Burgers with Roasted Potatoes Dessert: Mini Fruit pies with Vanilla Pudding Filling	Honey Vanilla Chamomile Herbal Tea, Crackers with Cheese, Pineapple Cubes and a Vanilla Cookie	Grilled Cheese Sandwich, Carrots and Celery Sticks, Milk

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WEEK 5

Day	Early Morning	Breakfast	Morning Snack	Lunch	Afternoon Tea	Supper
Monday	Orange Juice with Water	Hot Oat Bran Cereal with Brown Sugar and Butter, Apple Slices, Vanilla Greek Yogurt, Milk	Orange and Apple Slices, Pineapple with Fromage Frais	Salade: Tossed Green Salad, French Bread, Butter Entrée: Chicken Pot Pie Dessert: Apples with Brie	Honey Vanilla Chamomile Herbal Tea, Sunflower Butter and Grape Jelly Finger Sandwiches, Fruit Trail Mix and Apple Slices	Homemade Vegetable Soup and Milk
Tuesday	Apple Juice with Water	Soft Boiled Egg, Raisin Toast with Butter, Grapes, Milk	Cucumber Slices and Carrot Sticks with Ranch, Cheddar Cheese Cubes	Salade: Greek Salad, French Bread with Butter Entrée: Roast with Vegetables and Potatoes Dessert: Vanilla Greek Yogurt with Sliced Apples and Cheddar Cheese Cubes	Peppermint Herbal Tea, Turkey Finger Sandwiches, Vanilla Cookie and Cantaloupe	Beef Tacos with Beans, Milk
Wednesday	Vegetable Juice with Water	Hot 10 Grain Cereal with Brown Sugar and Butter, Apple Slices, Vanilla Greek Yogurt, Milk	Apple, Banana and Orange Slices, Vanilla Greek Yogurt and Whole Wheat Crackers	Salade: Spinach Salad with Vinaigrette, French Bread with Butter Entrée: Chicken with Bowtie Pasta, Spinach, Tomatoes, Broccoli and Zucchini Dessert: Banana Pudding Parfait	Black Cherry Berry Herbal Tea, Chicken Salad Finger Sandwiches, and a Oatmeal Raisin Cookie	Chicken Salad Sandwich, Grapes, Milk
Thursday	Pomegranate Juice with Water	Omelet, Toast with Butter, Grapes, Kefir/ Milk	Celery Sticks and Sliced Cucumbers with Hummus, Pita Bread and Cheddar Cheese Cubes	Salade: Field Greens Salad with Balsamic Vinaigrette, French Bread with Butter Entrée: Meatloaf with Mashed Potatoes, and Green Beans Dessert: Berry Parfait with Vanilla Greek	Cinnamon Apple Spices Herbal Tea, Egg Salad Finger Sandwiches, Granola Clusters, and Apple Slices	Chicken Tortilla Soup, and Milk
Friday	Grapefruit Juice with Water	Yogurt Pancakes with Syrup, Turkey Sausage, Banana Slices, Milk	Pineapple, Cantaloupe, and Sliced Apples with Vanilla Greek Yogurt, Whole Wheat Crackers	Salade: Mixed Greens Salad with Ranch Dressing, French Bread with Butter Entrée: Black Bean and Cheese Enchiladas Dessert: Cantaloupe, Pineapple and Cheddar Cheese Cubes	Honey Vanilla Chamomile Herbal Tea, Cheese Crackers, and a Vanilla Cookie, and Apple Slices	Sunflower Butter Sandwich, Banana Slices, Milk