

YUMMY

WINTER MENU 2025 - 2026

Weeks of: December 8th, January 5th, February 2nd, March 2nd & 30th, April 27th

Vegetarian Preschool - School Age No Whole Egg Menu

DAY	LUNCH	P.M. SNACK
MONDAY	Tri Colour Cheese Tortellini with Rose Lentil Sauce *Spring Mix Salad with Carrots Fresh Fruit	Whole Grain Blueberry Oat Bun Fresh Fruit
TUESDAY	Baked Veggie Cutlet Whole Wheat Bun Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit	Winter Bean Salsa Multigrain Pita Crisps
WEDNESDAY	Hawaiian Chickpeas (*bell pepper strips, *broccoli, chickpeas, onions, pineapple, *zucchini) Brown Rice Fresh Fruit	Fresh Fruit Roasted Red Pepper Cracker
THURSDAY	Pumpkin Alphabet Soup (alphabet pasta, carrots, coconut, kidney beans, onions,*peas, pumpkin) Light Rye Bread Fresh Fruit	Whole Grain Banana Oat Loaf Strawberry Apple 100% Fruit Puree
FRIDAY	Baked Veggie Tenders Barley Vegetable Risotto (barley, *broccoli, corn, mushrooms, onions) Fresh Fruit	Fresh Vegetables Poppy Seed & Cream Cheese Bagel Bite

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

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WINTER MENU 2025 - 2026

Weeks of: December 15th, January 12th, February 9th, March 9th, April 6th

Vegetarian Preschool - School Age No Whole Egg Menu

DAY	LUNCH	P.M. SNACK
MONDAY	Pumpkin White Bean Mac & Cheese *Green Salad Fresh Fruit	Whole Wheat Naan Plant Based Herb and Garlic Cream Cheeze
TUESDAY	Vegan Lo Mein (*broccoli, cabbage, carrots, cauliflower, soy protein) Chow Mein Noodles Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Italian Kidney Bean Soup (acini de pepe, celery, kidney beans, onions, *peas, tomatoes) Whole Wheat Bread Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Creamy Coconut Chickpea Curry (*bell pepper strips, *broccoli, carrots, chickpeas, onions, sweet potato) Brown Rice Fresh Fruit	Fresh Carrots Pizza Square
FRIDAY	Lentil Soup (carrots, *leeks, lentils, orzo pasta) 9 Grain Bread Fresh Fruit	Whole Grain Lemon Cookie Chia Charged Mixed Berry 100% Fruit Puree

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WINTER MENU 2025 - 2026

Weeks of: December 22nd, January 19th, February 17th, March 16th, April 13th

Vegetarian Preschool - School Age No Whole Egg Menu

DAY	LUNCH	P.M. SNACK
MONDAY	Roasted Vegan Bites with Tomato Sauce Vegetable Pasta *Spring Mix Salad Fresh Fruit	Whole Grain Apple Cinnamon Bun Fresh Fruit
TUESDAY	Yummy Lentil Noodle Soup (celery, diced carrots, noodles, *kale, lentils, onions, potatoes) Whole Wheat Home-Style Bread Fresh Fruit	Zesty Salsa Multigrain Pita Crisps
WEDNESDAY	Veggie Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, tomatoes) *Spring Mix Salad with Carrots & Purple Cabbage Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Basil Crackers
THURSDAY	Baked Veggie Tenders Garden Vegetable Rice (brown rice, corn, onions, *spinach, squash) Fresh Fruit	Whole Grain Carrot & Pineapple Loaf Pear & Apple 100% Fruit Puree
FRIDAY	Portuguese Lentil Stew Jardineira (w.w. elbow pasta, *green romano beans, kidney beans, lentils, orange/yellow carrots, peas, potatoes) Fresh Fruit	Fresh Vegetables Poppy Seed & Cream Cheese Bagel Bite

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WINTER MENU 2025 - 2026

Weeks of: December 29th, January 26th, February 23rd, March 23rd, April 20th

Vegetarian Preschool - School Age No Whole Egg Menu

DAY	LUNCH	P.M. SNACK
MONDAY	Vegetarian Butter Curry with Veggies (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, squash) Couscous Fresh Fruit	Yummy Marinara Spread Garlic Naan
TUESDAY	Yummy Broccoli Lentil Soup (*broccoli, celery, lentils, onions, potatoes) "Out of the Oven" Baguette Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Harvest Sun Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Triscuit Thins
THURSDAY	Baked Veggie Cutlet Whole Wheat Artisan Bun *Broccoli & Cauliflower Fresh Fruit	Fresh Carrots Veggie Pizza Square
FRIDAY	Fiesta Bean Casserole (*bell pepper strips, beans, bow tie pasta, cabbage, carrots, onions) Fresh Fruit	Vegan Oatmeal Date Cookie Apple Raspberry Chia 100% Fruit Puree

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