

# 2017 - 2018 First Semester Menu

WeekDay	Breakfast (Organic Cereal and Milk are always available)	Lunch			PMSnack (Organic milk, Banana Chips and Cracker are always available)
		1st Dish	2nd Dish	Soup/Drink/Breads	
Sep 5/ Oct 10/ Nov 13/	M	Pancakes with Berry Compote	Vege Burger		Cheese and Crackers
	T	Toast/Jam/Almond Butter/Fruit	Ham and Cheese Sandwich	Seasonal fruits	Red Bean Soup
	W	Oatmeal with Brown Sugar & Raisin	Sweet and Sour Chicken Over Rice		Apple Sauce with Cinnamon
	T	Bagel and Cream Cheese	Turkey and Cheese Quesadilla	Seasonal fruits	Roasted Sweet Potato
	F	Egg, Potato, Cheese Quesadilla	Taiwanese Minced Pork Over Rice	Pickled Cucumber	Banana-Berry Smoothie
Sep 11/ Oct 16/ Nov 20	M	Toast/Jam/Almond Butter/Fruit	Pasta with Marinara Sauce		Cheese and Crackers
	T	Granola with Yogurt/Berries	Pork/Cucumber Patty Over Rice	Stir-Fry Spinach	Plain Yogurt and Seasonal Fruit
	W	French Toast/Fruit	Macaroni and Cheese w/ Chicken	Corn on the Cob	Green Bean Soup
	T	Turkey Bacon/Eggs/Toast/Fruit	Stir Fried Beef with Onion over rice	Japanese Steamed Eggs	Fresh Fruits
	F	Pancakes with Berry Compote	Chicken Fingers	Sweet Potato Fries	Chicken Dumplings
Sep 18/ Oct 23/ Nov 27	M	Cereal and Fruit	Asian-style Beef Noodle Soup with Vegetables		Cheese and Crackers
	T	Oatmeal with Brown Sugar & Raisin	Fried Shrimp Sandwich	Sweet Potato Fries	Chips and Salsa
	W	Bagel and Cream Cheese	Stir Fry Chicken and Bell Pepper	Steamed Broccoli	Egg and Scallion Pancakes
	T	Egg, Potato, Cheese Quesadilla	Turkey and Cheese Sandwich	Sliced Apples	Seasonal Fruit Salad
	F	Toast/Jam/Almond Butter/Fruit	Pork and Vegetable Fried Rice		Eight Treasure Soup
Sep 25/ Oct 30/ Dec 4	M	Granola with Yogurt/Berries	Curry chicken rice with potatoes and carrots		Cheese and Crackers
	T	French Toast/Fruit	Shanghainese Braised Chicken	Pickled Cucumber	Seasonal Fruit Salad
	W	Turkey Bacon/Eggs/Toast/Fruit	Ham and Cheese Quesadilla	French Fries	Lotus/Red Bean Soup
	T	Pancakes with Berry Compote	Tomato and Beef Over Rice		Plain Yogurt and Berries
	F	Cereal and Fruit	Pasta with Meat Sauce		Fresh Fruits
Oct 2/ Nov 6/ Dec 11	M	Oatmeal with Brown Sugar & Raisin	Vegetable Wonton Soup		Cheese and Crackers
	T	Bagel and Cream Cheese	Cold Sesame Noodles with Cucumber and Bean Sprouts		Egg and Scallion Pancakes
	W	Egg, Potato, Cheese Quesadilla	Japanese-Style Fried Rice	Stir-Fry Spinach	Banana Bread
	T	Granola with Yogurt/Berries	Chicken Sandwich	Seasonal Fruits	Apple Sauce with Cinnamon
	F	French Toast/Fruit	Home-Style Braised Tofu	Steamed Edamame	Eight Treasure Soup

\*\*For Days Off, please skip that day's meal. Since school starts on Tue 9/5, the first lunch of the year will be Ham and Cheese Sandwich, Seasonal Fruits and Pumpkin Soup.

