

Monte Tavor's Children's Sample Menu

Children will be served a variety of foods for breakfast, lunch, afternoon meal and two snacks.

Breakfast:

- French toast (Whole wheat bread, cinnamon, brown sugar, eggs, milk); and Bananas.
- Pancakes (pancake mix); and Strawberries.
- Bagels with Cream Cheese; and Oranges
- Cheerios with Blueberries or Strawberries.
- Scrambled eggs with Tortillas/Bread; and Mandarins.
- Oatmeal (Oats, milk, cinnamon, brown sugar) with Apples or Berries.
- Scrambled Eggs mixed with Mozzarella /Cheddar/ or Mexican Style Cheese and Potatoes; and Oranges.
- Waffles; and Strawberries.
- Turkey Muffin Sandwich (Turkey Ham with Cheddar Cheese); and Peaches.
- Quesadillas (Whole Wheat Flour Tortilla with Mozzarella/ or Mexican Style Cheese); and Watermelon.
- Eggs and Mozzarella/ Cheddar/ or Mexican Style Cheese Whole Wheat Sandwich; and Pears.
- Scrambled Eggs mixed with Spinach, Turkey Ham and Mozzarella/ Cheddar/ or Mexican Style Cheese Whole Wheat Sandwich; and grapes.
- Breakfast Burrito (Scrambled Eggs with Turkey Breakfast Sausage and Green Bell Peppers); and Pineapple.
- Croissant with Strawberries.
- Muffin and Orange Juice/Smoothie.
- Whole Wheat Toast with Strawberry Jam; and Banana.
- Avocado Toast with Eggs (Boiled/ or Scrambled); and Mango.
- Scrambled Eggs mixed with Green beans; and Mandarins.
- Grilled Cheddar/ Mozzarella / or Mexican Style Cheese Sandwich; and Pears/ or Papaya.
- Greek/or Low-fat Yogurt with Cereal/Granola and Bananas or Berries.
- Blueberry Pancakes; and Plums.
- Cinnamon Pancakes; and Banana.
- Breakfast Bar, Greek/ or Low-fat Yogurt and Grapefruit.
- Banana Pancakes with Blueberries or Strawberries.
- Rice Cakes Topped with Greek/Low-fat Yogurt and Blueberries.

Snacks:

- Greek/ or Low-fat Yogurt mixed with Chopped Strawberries/Bananas/Apples/ or Blueberries.
- Watermelon Pizza (Slice of Watermelon Topped with Berries and Yogurt).
- Fruit Salad (Strawberries, Blueberries, Black Berries, Raspberries and Banana with 1 tps of brown Sugar and Lemon).
- Grilled Mozzarella /Cheddar/ or Mexican Style Cheese Sandwich.
- Avocado Whole Wheat Toast with Boiled Eggs.
- Rice Cakes with Apples or Blueberries.
- Cheese Crackers with Mandarins.
- Applesauce with Cinnamon Graham Cookies.
- Smoothie with Belvita Cookies.
- Cheese Sticks and Orange.
- Tuna and Crackers.
- Muffin with Grapes.
- Pretzels with Apples.

- Apples with Peanut Butter/or Greek/ low-fat Yogurt.
- Turkey ham and Cheese Cubes with Carrots.
- Watermelon with Wheat Crackers.
- Melted Cheddar Cheese and Broccoli.
- Boiled Potatoes/Chayote/or Cucumber with a pinch of Salt and Lemon.
- Cottage Cheese and Strawberries with Cinnamon Crackers.
- Ritz Crackers topped with Turkey Ham and Cheese; and Grapes.
- Whole Wheat Crackers with Avocado Dip.
- Celery and Carrots with Dip; and Apple/Orange Juice.
- Goldfish and Peaches/Cherries.
- Ritz Crackers with Cottage Cheese; and Watermelon.
- Cheddar Cheese Cubes and Apples.
- Canned Fruit mixed with Cool Whipped.
- Potato Salad (Potatoes, Boiled Eggs, Celery, Carrots, Onions, Mayonnaise).
- Veggie Straws/ or Veggie Chips with Dip.
- Smoothie

Lunch:

- Grilled Chicken with Mashed Potatoes, Green Beans/or Corn and Bread.
- Salmon with Rice and Salad (Lettuce, Tomato, Cucumber and Avocado).
- Turkey Ham and Cheddar/Mozzarella/ or Mexican Cheese Sandwich with Avocado.
- Tuna Salad Whole Wheat Sandwich (Tuna, Corn, Peas and Lettuce, Mayonnaise) or can be served with Whole Wheat Crackers.
- Chicken Soup (Chicken, Chicken Broth, Potatoes, Carrots, Chayote, Green Squash, Onion, Garlic, Spearmint, Celery).
- Meatball Soup (Turkey/or Chicken Ground Meat, Tomatoes, Garlic, Onion, Spearmint, Rice, Potatoes, Carrots, Chayote, Green Squash).
- Green Chicken Posole (Corn, Chicken, Tomatillos, Spinach, Green Bell Pepper, Garlic), with White Onion, Radish, Avocado, Lettuce, Lime.
- Black Beans with Parmesan Cheese and White Rice.
- Pinto Beans topped with Fresh White Mexican Cheese, Tomato, Cilantro, Onion; and Tortilla Corn Chips/Crackers.
- Grilled Turkey with Mashed Potatoes and Broccoli.
- Chicken Alfredo Pasta with Broccoli and Carrots.
- Lentil Soup (Lentils, Water, Tomatoes, Onions) with Parmesan/ or Fresh White Mexican Cheese.
- Picadillo Soup (Ground Turkey/ or Chicken Meat, Tomato Paste, Water, Carrots, Green Squash, Potatoes, Chayote).
- Spaghetti (Ground Turkey/ or Chicken Meat, Whole Wheat Spaghetti Pasta, Tomato Sauce, Mushrooms) with Parmesan Cheese.
- Lasagna (Ground Turkey/or Chicken Meat, Whole Wheat Lasagna Pasta, Tomato Sauce, Mushrooms, Mozzarella Cheese) with Parmesan Cheese and Salad (Lettuce, Tomato, Cucumber, Onion, Carrots, Avocado).
- Macaroni Salad (Turkey Ham, Corn, Peas, Lettuce, Sour Cream) with Whole Wheat Crackers.
- Bagel Pizza (Tomato Sauce, Mozzarella Cheese and Turkey Ham).
- Macaroni and Cheese with Broccoli and Whole Wheat Bread.
- Chicken topped with Tomato Sauce/Pesto Sauce and Mozzarella Cheese served with Whole Wheat Pasta.
- Chicken/Turkey Patty Whole Wheat Burger with Potatoes/ or Cucumber on the side.

Suggestions:

*Bread:

- 100% Whole
- Wheat
- Multigrain
- Oat Bread

*Yogurt:

- Plain Yogurt
- Plain Greek Yogurt
- Vanilla flavored Greek or non-Greek Yogurt
- Non-fat Plain Greek or non-Greek Yogurt
- Less Sugar Flavored Greek Yogurt

*Cheese:

- Mozzarella
- Monterey Jack
- Fresh White Cheese
- Cheddar Cheese
- Mexican Style: Four Cheese (Monterey Jack, Cheddar, Asador and Quesadilla Cheese)
- Parmesan
- Cottage
- American Cheese

*Meat:

- Fish: Salmon, Tilapia and Sole
- Turkey
- Chicken

*Smoothies:

- Banana, Milk (1% or 2% Milk), Oatmeal, Flavored Greek Yogurt
- Strawberry, Banana and Apple Juice
- Blueberries, Strawberries , Banana and Milk
- Mango, Strawberry, Banana and Water

*** Juices 100% from concentrate may be added to Smoothies or Popsicles in the Summer Months ONLY:**

- Orange
- Apple
- Grape
- Cranberry
- Strawberry with Apple
- Mango
- Pomegranate