

# White Rock North School - "Blue Plate Special" Summer Lunch Menu

(D)=Dairy (N)=Contains Nut

	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>AM Snack</u></b>	Sausage Link Pancake	Sausage Patties, French Toast w/ Maple Syrup	Pigs in Blanket	Apple Sauce w/ Bagel Chips	Breakfast Bars - Baked in house (N)
<b><u>Lunch</u></b>	Chicken Tenders Waffle Fries  Side: Green Beans  Dessert: Strawberry Shortcake (D)	Spaghetti w/ Meat Sauce  Side: Salad & Rosemary Toast  Dessert:Jello w/ Fruit	Beef Nachos Green Salad w/ Carrots, Raisins & Ranch (D)  Dessert: Mango Slushie	Fish Sticks Mac n Cheese Broccoli (D)  Dessert: Lemon Bars	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH
<b><u>PM Snack</u></b>	Sliced Apples w/ Caramel Sauce	Fresh Sliced Oranges	Bosco Bread & Marinara Sauce	Cutie Oranges w/ String Cheese (D)	Watermelon Cucumber Salad
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<b><u>AM Snack</u></b>	Assorted Muffins (D)	Rice Cake w/ Almond Butter & Blueberries (N)	Ham/Cheese Tortilla Wraps (D)	Blueberry Parfait w/ Granola (D)	Honey Wheat Toast w/ Cream cheese & in house Jam (D)
<b><u>Lunch</u></b>	Turkey Hot Dogs Baked Beans  Side:Seasonal Fruit	Smoked Turkey Pesto Wrap w/ Provolone Cheese  Side: Lay's chips  Dessert:Soft Serve Ice Cream (D)	Philly Cheese Steak Tater Tots French Green Beans  Dessert: In house Brownie Bites w/ Chocolate Chips (D)	Taquitos Refried Beans  Green Salad w/ Green Goddess Dressing  Dessert:Strawberries and cream	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH
<b><u>PM Snack</u></b>	Tortilla Chips w/ Homemade Bean & Cheese Dip	Fresh Baked Cookies w/ Sliced Cheddar Cheese Bites	Veggie Stick Chips w/ Sour cream & Guacamole Dip	Mini Bagels w/ Sweet Cream Cheese Dip & Sliced Apples (D)	Baked Soft Pretzels w/ Cheese Dip (D)

Milk and/or water are served with all meals. Garden Ingredients are used when available. Sack Lunches should include Fruit & a Drink.

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### What to know about our Meals & Snacks...

Planning a balanced menu with an emphasis on protein is our guiding light for the items we select for our Blue Plate Special and daily snacks. We use stealthy healthy strategies to incorporate nutrient-dense foods into our menu items. For instance, our applesauce breakfast cake is made with unsweetened applesauce, oatmeal, milk, real butter, and eggs from our very own hens. Our muffins are made in-house from scratch with real berries and other fruit. The spaghetti we serve is made with a blend of ground beef and ground chicken or turkey, multigrain pasta, and our sauces are flash frozen or made fresh with ground vegetables that we sneak into the sauce. Fresh-made Ranch salad dressing is a must because the fresh ingredients make a BIG taste difference! Our pizzas are so good and are definitely kid-approved because we use fresh dough and toppings. Don't overlook our house-made soups because these are made with fresh ingredients!

We're constantly working to expand the taste pallets of our students, and we encourage their willingness to try new foods with their friends. Try this at home, too, when you sit down for meals. Feed your emerging eaters what you're eating whenever possible! This will help your child become a well-rounded eater who makes healthy food choices.

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