

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

(D)=Dairy (N)=Contains Nut

	Monday	Tuesday	Wednesday	Thursday	Friday
<u><b>AM Snack</b></u>	Croissant Ham and Cheese (D)	Toast Almond Butter Bananas (D)	Cinnamon Baked Apples w/ Oatmeal	Homemade Granola Bars	Homemade Banana Bread (D) w/ Chia seeds
<u><b>Lunch</b></u>	Turkey Cream Chilly Soup (D) Side: Pita Bread  Dessert: Coconut Chia Pudding	BBQ Chicken Sliders Side: Coleslaw (D) & Tater tots  Dessert: Banana Pudding (D)	Pot Roast with Carrots Side: Mashed Potatoes (D)  Dessert: Peach Cobbler	Lasagna (D) Side: Field Salad & Rosemary Garlic Toast  Dessert: Soft Serve Ice cream w/ Berries	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH
<u><b>PM Snack</b></u>	Seasonal Fruit	Orange Slices	Grapes, Cheese & Ritz Crackers (D)	Cherry Jello	Homemade Pizza Rolls (D)
	Monday	Tuesday	Wednesday	Thursday	Friday
<u><b>AM Snack</b></u>	French Toast Bake (D)	Homemade Carrot Muffins w/ Turkey Bacon (D)	Apple Salad w/ Greek Yogurt	Pancakes & Sausage Patties w/ Fruit	Homemade Overnight Oatmeal (D) w/ Granola
<u><b>Lunch</b></u>	Italian Wedding Soup Side: Garlic Bread sticks  Dessert: Brownies (D)	Chicken Quesadillas (D) Side: Black Beans & Avocado  Dessert: Cheesecake Cups (D)	Chicken Alfredo (D) Side: Garlic Knots (D) w/ Green Salad w/ Homemade Ranch  Dessert: Strawberry Ice Cream	Loaded Potato Soup (D) w/ Rosemary Toast  Dessert: Angel Food Cake	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH
<u><b>PM Snack</b></u>	Bean Dip & Chips	Celery, Carrots, & Cheese Bites (D)	String Cheese (D), Mandarin Oranges	Trail Mix w/ Yogurt	Hummus w/ Pretzels

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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