



## Guide Academy Snack & Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Vegetables with Crackers	Fruits with Cheese	Vegetables & Bars	Crackers & Cheese or Yogurt	Vegetables and Fruits
Lunch	Rice & Stew	Chicken/Turkey or Fish with Vegetables	Lentils & Rice, and Yogurt	Veggie Burger or Burrito	Pasta, Pizza, or a Tuna Sandwich

	Monday	Tuesday	Wednesday	Thursday	Friday
Portion	4 types of vegetables (2 pieces each) with 4 crackers	3-4 types of fruits (2 pieces each) with 1/2 cheese string	3 types of vegetables (2 pieces each) & half bars	5 cracker and 5 cheese cubes or a cup of yogurt	2 kinds of fruits and vegetables (3 pieces each)
Portion	1/2 cup of rice with meat & vegetables	2 slices of bread or 1 medium potato, 20g of meat, and 1 cup of salad	1/2 cup of rice & 1/2 cup of lentils, 3 spoons of yogurt	1 bun and 20g of 1 veggie burger or 1-2 burritos	1 cup of pasta with vegetables, two slices of pizza, or 20g of 1 tuna sandwich

\*Please note: the above menu is based on fresh seasonal fruits and vegetables; snacks may be mixed and changed depending on market availability. **The child decides how much to eat but if the child is NOT making the right choices then the above portions are encouraged.** Snacks are served anytime the child wants between 10:00 am to 12:00 noon or 3:00pm to 7:00pm. Lunch is served between 12:30pm to 1:30pm. The lunch menu may change without notice