



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, yogurt	Veggie Burger/ Burrito	Pasta/pizza , or Tuna sandwich

	Monday	Tuesday	Wednesday	Thursday	Friday
Portion	4 kinds 2 piece/ each, 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, 5 Cheese cubes or cup of yogurt	2 kinds of fruits and vegetables 3 pieces each
Portion	½ cup of rice with meat & vegetable	2 slices bread or 1 medium potato, 20g meat, cup of salad	½ cup rice & ½ cup lentils, 3 spoon yogurt	One bun/ 20 burger or 1-2 Burritos	1 cup Pasta with vegetable or two slice of pizza

Every week, a family will be requested to send a series of fruits, vegetables and flower bouquets. The list includes the following:

Some fruits include:

Orange, Grapes, Cucumber, Apples, Strawberries, Watermelon, Tangerine, Pears, Bell peppers, Olives, Banana, Peas

Some vegetables include:

Carrots, Celery, Broccoli

Dairy:

Yogurt, Cheese, Hard boiled eggs

Other:

Crackers, Popcorns

*Please note: Teachers will send out a list with exact portions. The above menu is based on the fresh seasonal fruits and vegetables, snacks maybe mixed and changed dependent 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 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

