

SYNERGY LEARNING ACADEMY- LUNCH MENU- FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1st Snack: Honey maid Crackers, Strawberries, Milk Lunch: Grilled Cheese Sandwich on Whole Wheat, Tomato Soup Seasonal Fruit 2nd Snack: Whole Grain Crackers, Grapes 3rd Snack: Cheese Cubes	2 1st Snack: Cheese Sandwich, Milk, Grapes Lunch: Whole grain waffles, Apple Slices Yogurt, Roasted Potatoes 2nd Snack: Multigrain Crackers, Oranges 3rd Snack: Cheese Sticks	3 1st Snack: Wheat Thin Crackers, Pears, Milk Lunch: Whole Wheat Tortilla with hummus and vegetable wrap Seasonal Fresh Fruit 2nd Snack: Tortilla Chips, Apples 3rd Snack: Dried Blueberries	4 1st Snack: Multigrain Bagels, Blueberries, Milk Lunch: Vegetable balls With red sauce Roll /Whole Wheat Seasonal Fruit 2nd Snack: Wheat thins, Grapes 3rd Snack: Tortilla Chips	5 1 st Snack: Fig Bars, Apples, Milk Lunch: Vegetable Noodles, Corn Bread Muffin Seasonal Fruit 2nd Snack: Sweet potato crackers, Pears 3rd Snack: Raisins
8 1st Snack: Belvita Crackers, Strawberries, Milk Lunch: Cheesy Corn, Cornbread Casserole, String Cheese Fruit 2nd Snack: Tortilla Chips, Blueberries 3rd Snack: Raisins	9 1 st Snack: Nutrigrain Bars, Blueberries, Milk Lunch: Lentil Soup with Whole Wheat Roll, Seasonal Fruit 2nd Snack: Multi grain crackers, Watermelon 3rd Snack: Dried Blueberries	10 1st Snack: Honey maid Crackers, Oranges, Milk Lunch: Veggie Burger on Whole Grain Bun Seasonal Fruit Mixed Vegetables 2nd Snack: Cheese Cubes, Apples 3rd Snack: Sweet Potato Chips	11 1st Snack: Multigrain Bagels, Pears, Milk Lunch: Whole Wheat Cheese Tortilla with Sweet Potato filling, Pinto Beans Seasonal Fruit 2nd Snack: Multi grain crackers, Oranges 3rd Snack: Tortilla Chips	12 1 st Snack: Cheerios, Grapes, Milk Lunch: Multi grain Cheese Pizza, Bananas, Broccoli 2nd Snack: Wheat Thin Crackers, Apples 3rd Snack: Cheese Sticks HAPPY BIRTHDAY DAKSH
15 HOLIDAY (President's Day)	16 1st Snack: Honey maid Crackers, Strawberries, Milk Lunch: Wholegrain Pancakes, Roasted Potatoes, Yogurt, Sliced Apples 2nd Snack: Tortilla Chips, Apples 3rd Snack: Cheese Sticks	17 1 st Snack: Belvita Biscuits, Milk, Grapes Lunch: Whole grain Vegetable Pasta w/Alfredo Sauce, String Cheese, Peas & Carrots, Seasonal Fruit 2 nd Snack: Multi grain Crackers, Pears 3 rd Snack: Dried Blueberries	18 1st Snack: Jam Sandwich, Milk, Apples Lunch: Mexican Rice with Beans and Vegetables Whole wheat tortillas Seasonal Fruit 2nd Snack: Wheat thins, Grapes 3rd Snack: Cheese Cubes	19 1st Snack: Life Cereal, Bananas, Milk Lunch: Lunch: Chick Pea Curry, Vegetables Naan Bread, Seasonal Fruit 2nd Snack: Sweet potato crackers, Blueberries 3rd Snack: Raisins
22 1 st Snack: Nutrigrain Bars, Blueberries, Milk Lunch: Whole Grain Macaroni & Cheese Peas and Carrots Seasonal Fruit 2nd Snack: Tortilla Chips, Apples 3rd Snack: Multigrain crackers	23 1 st Snack: Life Cereal, Apples, Milk Lunch: Split Pea Soup Whole grain roll Cheese Stick Seasonal Fruit 2nd Snack: Cheese Cubes, Oranges 3rd Snack: Sweet Potato Chips	24 1 st Snack: Cheerios, Bananas, Milk Lunch: Cheesy Broccoli Bake, Whole wheat Pita Bread, Seasonal Fruit 2nd Snack: Rice crackers, Oranges 3rd Snack: Cheese string	25 1st Snack: Jam sandwich, Straw berries, Milk Lunch: Whole wheat Spaghetti & red Sauce, Peas, String Cheese Seasonal Fruit 2nd Snack: Multi grain crackers, Blueberries 3rd Snack: Tortilla Chips	26 1st Snack: Honey maid Crackers, Oranges, Milk Lunch: Vegetable Noodles, Corn Bread Muffin Seasonal Fruit 2nd Snack: Wheat Thins, Bananas 3rd Snack: Sweet Potato Chips

Mid-Winter Break

**EACH DAY WE OFFER DAL AND RICE AS AN ALTERNATIVE LUNCH OPTION *EACH DAY WE OFFER MILK & WATER AS MEAL*