

**SYNERGY LEARNING ACADEMY- LUNCH MENU- JANUARY 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>  <b>HAPPY NEW YEAR (HOLIDAY)</b>
<b>4</b> 1st Snack: Honey maid Crackers, Strawberries, Milk <b>Lunch: Grilled Cheese Sandwich on Whole Wheat, Tomato Soup Seasonal Fruit</b> 2nd Snack: Whole Grain Crackers, Grapes 3rd Snack: Cheese Cubes	<b>5</b> 1st Snack: Cheese Sandwich, Milk, Grapes <b>Lunch: Whole grain waffles, Apple Slices Yogurt, Roasted Potatoes</b> 2nd Snack: Ritz crackers, Oranges 3rd Snack: Cheese Sticks	<b>6</b> 1st Snack: Wheat Thin Crackers, Pears, Milk <b>Lunch: Whole Wheat Tortilla with hummus and vegetable wrap Seasonal Fresh Fruit</b> 2nd Snack: Tortilla Chips, Apple Sauce 3rd Snack: Dried Blueberries	<b>7</b> 1st Snack: Multigrain Bagels, Blueberries, Milk <b>Lunch: Vegetable balls With red sauce Roll /Whole Wheat Seasonal Fruit</b> 2nd Snack: Wheat thins, Grapes 3rd Snack: Tortilla Chips	<b>8</b> 1 <sup>st</sup> Snack: Fig Bars, Apples, Milk <b>Lunch: Vegetable Noodles, Corn Bread Muffin Seasonal Fruit</b> 2nd Snack: Tortilla Chips, Honey Dew 3rd Snack: Popcorn <b>HAPPY BIRTHDAY MAITRI</b>
<b>11</b> 1st Snack: Belvita Crackers, Strawberries, Milk <b>Lunch: Whole wheat Spaghetti &amp; red Sauce, Peas, String Cheese Seasonal Fruit</b> 2nd Snack: Tortilla Chips, Honey Dew 3rd Snack: Cheese Cubes	<b>12</b> 1 <sup>st</sup> Snack: Fig Bars, Blueberries, Milk <b>Lunch: Lentil Soup with Whole Wheat Roll, Seasonal Fruit</b> 2nd Snack: Multi grain crackers, Watermelon 3rd Snack: Dried Blueberries	<b>13</b> 1st Snack: Honey maid Crackers, Oranges, Milk <b>Lunch: Veggie Burger on Whole Grain Bun Seasonal Fruit Mixed Vegetables</b> 2nd Snack: Cheese Cubes, Apples 3rd Snack: Sweet Potato Chips	<b>14</b> 1st Snack: Wheat Thin Crackers, Pears, Milk <b>Lunch: Whole Wheat Cheese Tortilla with Sweet Potato filling, Pinto Beans Seasonal Fruit</b> 2nd Snack: Multi grain crackers, Blueberries 3rd Snack: Tortilla Chips	<b>15</b> 1 <sup>st</sup> Snack: Jam sandwich, Grapes, Milk <b>Lunch: Chick Pea Curry Vegetables Naan Bread, Seasonal Fruit</b> 2nd Snack: Ritz crackers, Oranges 3rd Snack: Cheese Sticks
<b>18</b>  <b>HOLIDAY ( MLK Jr Day)</b>	<b>19</b> 1st Snack: Honey maid Crackers, Strawberries, Milk <b>Lunch: French Toast Sticks (whole grain) Roasted potatoes Yogurt, Sliced Apples</b> 2nd Snack: Tortilla Chips, Honey Dew 3rd Snack: Cheese Sticks	<b>20</b> 1 <sup>st</sup> Snack: Belvita Biscuits, Milk, Grapes <b>Lunch: Whole grain Vegetable Pasta w/Alfredo Sauce, String Cheese, Peas &amp; Carrots, Seasonal Fruit</b> 2 <sup>nd</sup> Snack: Multi grain Crackers, Apples 3 <sup>rd</sup> Snack: Dried Blueberries	<b>21</b> 1st Snack: Multi grain Bagels with Jam, Milk, Apples <b>Lunch: Mexican Rice with Beans and Vegetables Whole wheat tortillas Seasonal Fruit</b> 2nd Snack: Wheat thins, Grapes 3rd Snack: Cheese Cubes	<b>22</b> 1st Snack: Life Cereal, Straw berries, Milk <b>Lunch: Cheese Pizza Cucumber Slices Bananas, Corn</b> 2nd Snack: Multi grain crackers, Blueberries 3rd Snack: Popcorn <b>HAPPY BIRTHDAY AARUDHRA</b>
<b>25</b> 1 <sup>st</sup> Snack: Fig Bars, Blueberries, Milk <b>Lunch: Whole Grain Macaroni &amp; Cheese Peas and Carrots Seasonal Fruit</b> 2nd Snack: Tortilla Chips, Honey Dew 3rd Snack: Multigrain crackers	<b>26</b> 1 <sup>st</sup> Snack: Life Cereal, Apples, Milk <b>Lunch: Split Pea Soup Whole grain roll Cheese Stick Seasonal Fruit</b> 2nd Snack: Cheese Cubes, Oranges 3rd Snack: Sweet Potato Chips	<b>27</b> 1 <sup>st</sup> Snack: Cheerios, Banana, Milk <b>Lunch: Cheesy Broccoli Bake, Whole wheat Pita Bread, Seasonal Fruit</b> 2nd Snack: Rice crackers, Oranges 3rd Snack: Cheese string	<b>28</b> 1st Snack: Jam sandwich, Straw berries, Milk <b>Lunch: Whole wheat Spaghetti &amp; red Sauce, Peas, String Cheese Seasonal Fruit</b> 2nd Snack: Multi grain crackers, Blueberries 3rd Snack: Tortilla Chips	<b>29</b> 1st Snack: Honey maid Crackers, Oranges, Milk <b>Lunch: Bean and Cheese Burrito, Orange Slices Corn</b> 2nd Snack: Cheese Cubes, Apples 3rd Snack: Sweet Potato Chips

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