

SYNERGY LEARNING ACADEMY- LUNCH MENU- NOVEMBER 2022 (LUNCH: 12:00PM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Lunch: French Toast, Apple Sauce, Bananas yogurt Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Stir Fried Vegetable noodles Seasonal Fruit String Cheese Alternative: Steamed Rice with Lentil Soup	Lunch: Vegetable Pasta salad Seasonal Fruit, String cheese Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Cheese Pizza Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk
7	8	9	10	11
Lunch: Steamed rice cakes and lentil soup Seasonal fruit Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Whole grain Waffle, Apple Sauce, Bananas Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Vegetable Fried Rice Seasonal Fruit String Cheese Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Cheese Pizza Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk	NO SCHOOL VETERAN'S DAY
14	15	16	17	18
Lunch: Bagel and cream cheese Carrots/ cucumbers Alternative: Steamed Rice with Lentil Soup Milk	Lunch: French Toast, Apple Sauce, Bananas yogurt Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Stir Fried Vegetable noodles Seasonal Fruit String Cheese Alternative: Steamed Rice with Lentil Soup	Lunch: Vegetable Pasta salad Seasonal Fruit, String cheese Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Cheese Pizza Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk
21	22	23	24	25
Lunch: Steamed rice cakes and lentil soup Seasonal fruit Alternative: Steamed Rice with Lentil Soup Milk	Lunch: French Toast, Apple Sauce, Bananas yogurt Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Mac & Cheese Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk	CLOSED THANKSGIVING	CLOSED THANKSGIVING
28	29	30		
Lunch: Cheese quesadilla Cucumbers Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Whole grain Pancakes, Apple Sauce, yogurt, Bananas Alternative: Steamed Rice with Lentil Soup Milk	Lunch: Stir Fried Vegetable noodles Seasonal Fruit String Cheese Alternative: Steamed Rice with Lentil Soup		

SNACK	MONDAY-FRIDAY (Combination could vary depending on the availability of the snack)				
First Snack (9:30am-10:00am)	Nutri grain Bars, Seasonal Fruit, Milk	Belvita Crackers, Milk, Seasonal Fruit	Graham Crackers, Seasonal Fruit, Milk	Cheerios, Seasonal Fruit, Milk	Life Cereal, Seasonal Fruit, Milk
Second Snack (2:15pm-2:30pm)	Ritz Crackers, Milk, Fruit	Veggie Straws, Milk, Fruit	Wheat Thins, Milk, Fruit	Tortilla Chips, Milk, Fruit	Crackers, Milk, Fruit
Third Snack (4:15 pm- 4:30pm)	Cheese Cubes	Raisins/Pretzel	String Cheese	Pirate Booty	Popcorn