

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 HOLIDAY	6 Lunch: Whole grain Pancakes, Apple Sauce, yogurt Alternative: Steamed Rice with Lentil Soup Milk	7 Lunch: Vegetable Fried Rice Seasonal Fruit String Cheese Alternative: Steamed Rice with Lentil Soup Milk	8 Lunch: Mini Muffins, Lentil Soup Seasonal Fruit, cheese stick Alternative: Steamed Rice with Lentil Soup Milk	9 Lunch: Cheese Pizza Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk
12 Lunch: Pasta with Alfredo sauce Seasonal Fruits Alternative: Steamed Rice with Lentil Soup Milk	13 Lunch: Whole grain French toast sticks, Apple Sauce, Potato smiles, Bananas Alternative: Steamed Rice with Lentil Soup	14 Lunch: Vegetable Fried Rice Seasonal Fruit String Cheese Alternative: Steamed Rice with Lentil Soup Milk	15 Lunch: Tomato Soup Whole Wheat rolls Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk	16 Lunch: Cheese Pizza Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk
19 Lunch: Vegetable Pasta Salad String Cheese Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk	20 Lunch: Whole grain Waffle, Apple Sauce, potato smiles Alternative: Steamed Rice with Lentil Soup Milk	21 Lunch: Vegetable Fried Rice Seasonal Fruit String Cheese Alternative: Steamed Rice with Lentil Soup Milk	22 Lunch: Lentil Soup Pita Bread Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk	15 Lunch: Cheese Pizza Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk
26 Lunch: Mac and cheese seasonal Fruits Alternative: Steamed Rice with Lentil Soup Milk	27 Lunch: Whole grain Pancakes, Apple Sauce, yogurt Alternative: Steamed Rice with Lentil Soup Milk	28 Lunch: Vegetable Fried Rice Seasonal Fruit String Cheese Alternative: Steamed Rice with Lentil Soup Milk	29 Lunch: Lentil Soup, Mini Muffin Bananas, apple sauce Alternative: Steamed Rice with Lentil Soup Milk	30 Lunch: Cheese Pizza Seasonal Fruit Alternative: Steamed Rice with Lentil Soup Milk

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