

NEW GENERATION LEARNING CENTER

Monthly menu – February



- **Breakfast** from 6:30-8:15 AM
Breakfast options include: Pancakes with syrup/cereal & milk/bagel with cream cheese/waffles with syrup/croissants/banana bread/vanila loaf cake.
- **Snack:** 2 snacks served each day.
Snack options include: Seasonal fresh fruits/yogurt/crackers/applesauce/mini croissants/vegetable substitute/string cheese.
- **Lunch is served with ORGANIC MILK** and fresh veggies/steam broccoli.
- Fresh meals made daily with organic vegetables and olive oil.
- We serve **ONLY CHICKEN AND TURKEY** as the main protein.

| | Week 1 February 2-6 | Week 2 February 9-13 | Week 3 February 16-20 | Week 4 February 23-27 |
|------------|---|---|--|---|
| Mon | Lunch: Chicken stew & rice Fresh veggies/Steam broccoli Dinner: Chicken ABC soup | Lunch: Chicken pilaf Fresh veggies/Steam broccoli Dinner: Chicken ABC soup | Lunch: Meatloaf & buckwheat Fresh veggies/Steam broccoli Dinner: Chicken ABC soup | Lunch: Navy style pasta Fresh veggies/Steam broccoli Dinner: Chicken ABC soup |
| Tue | Lunch: Chicken cutlets & buckwheat Fresh veggies/Steam broccoli Dinner: Soup borscht with chicken | Lunch: Chicken vegetable stew Fresh veggies/Steam broccoli Dinner: Ground chicken soup | Lunch: Fried rice with chicken Fresh veggies/Steam broccoli Dinner: Soup borscht with chicken | Lunch: Chicken cutlets & buckwheat Fresh veggies/Steam broccoli Dinner: Soup borscht with chicken |
| Wed | Lunch: Bolognese pasta Fresh veggies/Steam broccoli Dinner: Minestrone soup | Lunch: Navy style pasta Fresh veggies/Steam broccoli Dinner: Soup borscht with chicken | Lunch: Bolognese pasta Fresh veggies/Steam broccoli Dinner: Bean soup | Lunch: Chicken and potato stew Fresh veggies/Steam broccoli Dinner: Chicken noodle soup |
| Thu | Lunch: Stuffed cabbage & rice Fresh veggies/Steam broccoli Dinner: Bean soup | Lunch: Chicken and potato stew Fresh veggies/Steam broccoli Dinner: Broccoli soup | Lunch: Staffed cabbage & rice Fresh veggies/Steam broccoli Dinner: Minestrone soup | Lunch: Chicken pilaf Fresh veggies/Steam broccoli Dinner: Buckwheat chicken soup |
| Fri | Lunch: Pizza Fresh veggies/Steam broccoli Dinner: Chicken meatball soup with rice | Lunch: Pizza Fresh veggies/Steam broccoli Dinner: Buckwheat chicken soup | Lunch: Pizza Fresh veggies/Steam broccoli Dinner: Chicken meatball soup with rice | Lunch: Pizza Fresh veggies/Steam broccoli Dinner: Broccoli soup |

FRESH DRINKING WATER IS OFFERED TO CHILDREN THROUGHOUT THE DAY TO KEEP THEM HYDRATED.

NEW GENERATION LEARNING CENTER

Monthly **Vegetarian** Menu – February



- **Breakfast** from 6:30-8:15 AM
Breakfast options include: Pancakes with syrup/cereal & milk/bagel with cream cheese/waffles with syrup/croissants/banana bread/vanila loaf cake.
- **Snack:** 2 snacks served each day.
Snack options include: Seasonal fresh fruits/yogurt/crackers/applesauce/mini croissants/vegetable substitute/string cheese.
- **Lunch is** served with **ORGANIC MILK** and fresh veggies/steam broccoli.
- Fresh meals made daily with organic vegetables and olive oil.

| | Week 1 February 2-6 | Week 2 February 9-13 | Week 3 February 16-20 | Week 4 February 23-27 |
|------------|---|--|--|--|
| Mon | Lunch: Lentil stew & rice Fresh veggies/Steam broccoli Dinner: ABC soup | Lunch: Rice with chickpeas Fresh veggies/Steam broccoli Dinner: ABC soup | Lunch: Lentil stew & buckwheat Fresh veggies/Steam broccoli Dinner: ABC soup | Lunch: Pasta with chickpeas Fresh veggies/Steam broccoli Dinner: ABC soup |
| Tue | Lunch: Falafel & buckwheat Fresh veggies/Steam broccoli Dinner: Soup borscht | Lunch: Falafel & pasta Fresh veggies/Steam broccoli Dinner: Noodle soup | Lunch: Falafel & fried rice Fresh veggies/Steam broccoli Dinner: Soup borscht | Lunch: Falafel & buckwheat Fresh veggies/Steam broccoli Dinner: Soup borscht |
| Wed | Lunch: Falafel & pasta Fresh veggies/Steam broccoli Dinner: Minestrone soup | Lunch: Falafel & pasta Fresh veggies/Steam broccoli Dinner: Soup borscht | Lunch: Falafel & pasta Fresh veggies/Steam broccoli Dinner: Bean soup | Lunch: Falafel & pasta Fresh veggies/Steam broccoli Dinner: Noodle soup |
| Thu | Lunch: Rice with chickpeas Fresh veggies/Steam broccoli Dinner: Noodle soup | Lunch: Lentil stew & pasta Fresh veggies/Steam broccoli Dinner: Broccoli soup | Lunch: Rice with chickpeas Fresh veggies/Steam broccoli Dinner: Minestrone soup | Lunch: Lentil stew & rice Fresh veggies/Steam broccoli Dinner: Buckwheat soup |
| Fri | Lunch: Pizza Fresh veggies/Steam broccoli Dinner: Veggie soup | Lunch: Pizza Fresh veggies/Steam broccoli Dinner: Buckwheat soup | Lunch: Pizza Fresh veggies/Steam broccoli Dinner: Veggie soup | Lunch: Pizza Fresh veggies/Steam broccoli Dinner: Broccoli soup |

FRESH DRINKING WATER IS OFFERED TO CHILDREN THROUGHOUT THE DAY TO KEEP THEM HYDRATED.