

Brownstone Menu

February 3, 2014 to February 7, 2014

Monday

Breakfast

Special K Strawberry and
Chocolate Cereal
Bananas
Milk

Lunch

Tuna Melt on Wheat
Dark Greens Salad with Peppers, Tomatoes and Cucumbers
Grapefruit Salad
Milk

P.M. Snack

Fresh Pears
Milk

Tuesday

Breakfast

Ported Breakfast Breads with Strawberry Preserves
Choice of Fruit
Milk

Lunch

Turkey Chili
Saltine Crackers
Organic String Beans
Pears
Milk

P.M. Snack

Choice of Cereal
Milk

Wednesday

Breakfast

Choice of Cereal
Pineapple
Milk

Lunch

Tomato Bisque
Grilled Cheese Sandwich
Applesauce
Milk

P.M. Snack

Fresh Pineapple and Mango
Milk

Thursday

Breakfast

Bran Muffins
Mandarin Oranges
Milk

Lunch

Veggie(Soy Protein) Cheese Burgers
Steamed Carrots, Squash, Cauliflower and Broccoli
Grapefruit
Milk

P.M. Snack

Pickles and Peaches
Milk

Friday

Breakfast

CheX Cereal
Bananas
Milk

Lunch

Cheesy Egg Breakfast Burrito
Organic String Beans
Mandarin Oranges
Milk

P.M. Snack

Make your own Salsa
Organic Multi-Grain Tortilla Chips