

Pomegranate Schools

A Reggio/Montessori-Inspired Early Childhood Education



Winter Snack & Lunch Menu (rev. 02/2019)

	Mon	Tue	Wed	Thurs	Fri
AM/PM Snack	Raisin Bread w/ Kefir (aka Buttermilk), Fresh or Dried Fruit, Water or Milk	WG Oat Cereal w/ Yogurt Fresh or Dried Fruit, Water or Milk	WG Muffins or Pancakes w/raw almond butter Fresh/Dried Fruit Water or Milk	Granola, Cottage Cheese w/ Fresh/Dried Fruit, Water or Milk	WG Crackers, Semi-Soft/Hard Cheese, Fresh/Dried Fruit, Water or Milk
First Week Lunch	Buckwheat, Turkey meatballs in gravy, Fresh Veggies, Fresh Fruit, Milk & Water	Navy-style Pasta, Braised Chicken, Fresh Veggies, Fresh Fruit, Milk & Water	Pea Veggie Soup, Fresh Bread, Sour Cream, Fresh Veggies, Fresh Fruit, Milk & Water	Jasmine Rice, Egg Muffins, Fresh Veggies, Fresh Fruit, Milk & Water	Braised Potatoes, Fish, Fresh Bread, Fresh Veggies, Fresh Fruit, Milk & Water
Second Week Lunch	Buckwheat, Turkey Tefteli in Creamy Sauce, Fresh Veggies, Fresh Fruit, Milk & Water	Chicken Ravioli, Sour Cream Fresh Veggies, Fresh Fruit, Milk & Water	Lentil Veggie Soup, Fresh Bread, Sour Cream, Fresh Veggies, Fresh Fruit, Milk & Water	Brown Rice, Zucchini Omelet, Fresh Veggies, Fresh Fruit, Milk & Water	Mashed Potatoes, Fish, Fresh Bread, Fresh Veggies, Fresh Fruit, Milk & Water
Third Week Lunch	Buckwheat, Teriyaki Chicken, Fresh Veggies, Fresh Fruit, Milk & Water	Parmesan Pasta, Beef Meatball, Fresh Veggies, Fresh Fruit, Milk & Water	Creamy Mushroom- Potato Soup Fresh Bread, Sour Cream, Fresh Veggies, Fresh Fruit, Milk & Water	Egg Fried Rice Fresh Veggies, Fresh Fruit, Milk & Water	Potato Patties Fish Fresh Veggies, Fresh Fruit, Milk & Water
Fourth Week Lunch	Buckwheat, Chicken & Mushroom gravy Fresh Veggies, Fresh Fruit, Milk & Water	Baked Ham & Cheese Crepes, Sour Cream, Fresh Veggies, Fresh Fruit, Milk & Water	Minestrone Soup, Fresh Bread, Fresh Veggies, Fresh Fruit, Milk & Water	Feta Omelet, Basmati Rice, Fresh Veggies, Fresh Fruit, Milk & Water	Russian Potatoes Fish Fresh Veggies, Fresh Fruit, Milk & Water

- All grains (breads, crackers, pasta, rice, etc) are Whole Grain or Wheat.
- Soups are made with chicken broth and chicken is added to each bowl individually as an option.
 - All meat, poultry, and dairy are Organic. GF=Gluten Free