

**semplicita**

FOODS & EVENTS

== STAR ACADEMY ==

== DECEMBER LUNCH PROGRAM ==

\*\*\*Fruit of the Day is a choice of seasonal fruits. Options include; Watermelon, Cantaloupe, Canary Melon, Honeydew, Strawberries, Blueberries, Blackberries, Seasonal Grapes, Oranges, Apples, Pears, Bananas, Kiwi\*\*\*

== WEEK 1 ==

**Monday**

Mongolian Style Beef and Rice, Seasonal Steamed Vegetables, Fruit of the Day\*

**Tuesday**

Fusilli alla Marinara, Chicken Schnitzel, Mediterranean Veggies, Fruit of the Day\*

**Wednesday**

Butternut Squash Soup, Ham & Cheese on Wholewheat, Fruit of the day\*

**Thursday**

Pancakes, Bacon, Vegetable Hash, Yogurt topped with Bananas & Granola

== WEEK 2 ==

**Monday**

Parmesan Orzo, Veal Schnitzel, Steamed Veggies, Fruit of the Day \*

**Tuesday**

Penne Pesto, Lemon Chicken, Green Beans & Peppers, Fruit of the Day Cup\*

**Wednesday**

Turkey & Cheese Quesadilla, Seasonal Fresh Vegetables with Hummus Dip, Fruit of the Day\*

**Thursday**

Pierogies, Italian Sausage, Roasted Squash, Fruit of the Day\*

== WEEK 3 ==

**Monday**

Couscous, Baked White Fish, Mediterranean Veggies, Fruit of the Day\*

**Tuesday**

Tortellini in Alfredo Sauce with Pork Tenderloin, Peas, Sweet Peppers & Onions, Fruit of the Day \*

**Wednesday**

Chicken Noodle Vegetable Soup, Cheese Quesadilla, Fruit of the Day\*

**Thursday**

French Toast, Turkey Breakfast Sausage, Vegetable Frittata, Yogurt & Berries