## The Baltimore Locust Point Menu

Fruits may include, but not limited to apples, oranges, bananas, tangerines, cantaloupes, plums, watermelons, strawberries, blueberries, peaches, honeydew, papaya, pineapple, and mangoes. If your child(ren) has medical or religious dietary restrictions, please inform us in writing. Milk is $1 \%$ or $2 \%$.

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Menu 1 |  |  |  |  |  |
| AM Snack | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk |
| Lunch | Teriyaki chicken, Asian mixed vegetables, served with rice, fruit \& milk | Pasta and Meatballs in a Marinara Sauce, Mixed Vegetables, Fruit and Milk | Macaroni and Cheese with Cooked Carrots, Fruit and Milk | Chicken and Cheese Quesadilla, Broccoli, Fruit and Milk | Tuna Fish on Whole Wheat Bread, Cucumber and Tomato Salad, Fruit and Milk |
| PM Snack | Cheese \& Crackers | Goldfish with Cheese Stick | Oatmeal Cookies with Milk | Pretzels with Cheese | Yogurt with Cereal |
| Menu 2 |  |  |  |  |  |
| Am Snack | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk |
| Lunch | Salmon and Pasta, Green Beans, Fruit and Milk | Chicken Fried Rice, Mixed Vegetables, Fruit and Milk | Chicken and Cheese on Whole Wheat Bread, Cucumber and Tomato Salad, Fruit and MIIk | Cheese and Peperoni Pizza, Broccoil, Fruit and Milk | Grilled Cheese, Tomato Soup, Fruit and Milk |
| PM Snack | Cheese Stick \& Crackers | Animal Crackers with Fruit | Graham Crackers with Fruit | Goldfish with Cucumber | Yogurt with Cereal |
| Menu 3 |  |  |  |  |  |
| AM Snack | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk |
| Lunch | Macaroni and Cheese with Cooked Carrots, Fruit and Milk | Tuna Fish on Whole Wheat Bread, Cucumber and Tomato Salad, Fruit and Milk | Teriyaki chicken, Asian mixed vegetables, served with rice, fruit \& milk | Pasta and Meatballs in a Marinara Sauce, Mixed Vegetables, Fruit and Milk | Chicken and Cheese Quesadilla, Broccoli, Fruit and Milk |
| PM Snack | Cheese \& Crackers | Graham Crackers | Goldfish with Cheese stick | Pretzels with Cheese | Yogurt with Cereal |
| Menu 4 |  |  |  |  |  |
| AM Snack | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk | Fruit \& Milk |
| Lunch | Chicken Fried Rice, Mixed Vegetables, Fruit and Milk | Chicken and Cheese on Whole Wheat Bread, Cucumber and Tomato Salad, Fruit and MIIk | Cheese and Peperoni Pizza, Broccoil, Fruit and Milk | Grilled Cheese, Tomato Soup, Fruit and Milk | Salmon and Pasta, Green Beans, Fruit and Milk |
| PM Snack | Cheese Sticks \& Cracker | Animal Crackers with Fruit | Goldfish with Cucumber | Oatmeal Cookies with Milk | Yogurt with Cereal |

