

LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Fruit, Cereal, Milk	Bean and cheese Burito, Milk	Soup & Toast, Fruit, Milk	Potato Roll, Fruit, Milk	French Toast stick, Fruit, Milk
Lunch	들깨미역국, 소세지채소볶음 Perilla Seaweed Soup Sausages w/ fried vegetables Seasonal Fruit, Milk	Spaghetti with meatballs Fruits, Milk	멸치된장국, 감자조림, 계란말이 Anchovy Soybean Paste Soup Sautéed Potatoes, Egg Roll Seasonal Fruit, Milk	불고기, 나물무침 Bulgogi, Seasonal Herbs Seasonal Fruit, Milk	Buttered Noodles Carrots w/ Ranch Fruits, Milk
Snack	Quesadilla, Milk, Fruit	궁중떡볶기, Ddeockboki, Milk, Seasonal Fruit	Grilled Cheese Toast, Milk, Fruit	Fish stick, Milk, Seasonal Fruit	Cheese and Cracker, Milk Fruits
WEEK 2	Bagle w/ cream cheese, Milk	Porridge/ Fruit, Milk	Cheese Quesadilla, Fruit, Milk	Yogurt & Muffin, Fruit	Soup and Toast, Fruit, Milk
Lunch	소고기 순두부, 김, 감자볶음 Beef Soft Tofu Soup, Dried Laver, Potato, Fruit, Milk	소고기 야채 볶음밥, 콩나물 국 Beef and vegi Fried Rice, Bean Sprout Soup, Milk	무우오뎡국, 잡채 Rice Cake Soup, Jap-Che (Stir fried vegi with noodle) Milk, Fruit	Classic Spaghetti w/ Meat sauce, Pickle, Seasonal Fruit, Milk	Cucumber shushi roll Ham shushi roll, Miso soup, Fruits, Milk
Snack	Berry Pancake, Milk, Fruit	Cheese Pizza, Milk, Fruit	Banana Bread, Milk, Fruit	Cookie/ Cheese, Milk, Fruit	Mac and Cheese, Milk, Fruit
WEEK 3	Fruit, Cereal, Milk	Scrambled Egg, Fruit, Milk	Soup & Toast, Fruit, Milk	Potato Roll, Fruit, Milk	Breakfast Sausage, Milk, Fruit
Lunch	Beef potsticker, Fried Rice, Fruit, milk Bagle w/ cream cheese, Milk	닭고기카레, 시금치무침, 계절과일, 우유 Chicken Curry, Spinach, Seasonal Fruit, Milk	소고기미역국, 콩자반, 두부조림 계절과일, 우유 Beef Seaweed Soup, Simmered Soy Bean, Tofu, Seasonal Fruit, Milk	Pasta Primavera Tomato, Parmesan Cheese, Green Salad, Bread	불고기, 감자샐러드, 계절과일, 우유 Bulgogi, Potato Salad, Seasonal Fruit, Milk
Snack	Quesadilla, Milk, Seasonal Fruit	Grilled Cheese Toast, Milk, Fruit	Bean and cheese Burito Fruit, Milk	French Toast, Milk, Seasonal Fruit	잔멸치주먹밥(Rice Nuggets), Fruit, Milk
WEEK 4	Bagle w/ cream cheese, Milk	Porridge/ Fruit, Milk	French toast, Fruit, Milk	Yogurt & Muffin, Fruit	Breakfast Burito, Fruit, Milk
Lunch	치킨볶음밥, 미소스프, 계절과일, 우유 Chicken Fried Rice, Miso Soup, Seasonal Fruit, Milk	Beef and Broccoli Bowl W/Rice Fruit, Milk	Deli turkey Sandwich Potato salad, Carrot and celery w/Ranch, Milk	치킨가스, 양배추샐러드, 계절과일, 우유 Chicken Cutlet, Lettuce Salad, Mashed Potato, Milk, Fruit	Oven roast herb chicken, Steamed vegi, Marinated long grain rice
Snack	Banana Bread, Milk, Fruits	Round Pizza, Carrot stick w/Ranch	Korean Pan Cake, Milk, Fruit	Cookie/Cheese, Milk, Fruit	Supreme cheese tortilla chips, Fruit, Milk

*Lunch is subject to change without notice