

Monte Tavor's Sample Menu

Example of meals served to children for their breakfast, lunch, afternoon meals and snacks.

Breakfast

- French toast and bananas.
 - *(Whole wheat bread, cinnamon, brown sugar, eggs, milk.)*
- Pancakes and strawberries.
 - *(Pancake mix.)*
- Bagels with cream cheese and oranges.
- Cheerios with blueberries or strawberries.
- Scrambled eggs with tortillas or bread and mandarins.
- Oatmeal with apples or berries.
 - *(Oats, milk, cinnamon, brown sugar.)*
- Scrambled eggs mixed with mozzarella, cheddar, or Mexican style cheese, potatoes, and orange slices.
- Waffles and strawberries.
- Turkey muffin sandwich and peaches.
 - *(Turkey ham with cheddar cheese.)*
- Quesadillas and watermelon.
- *(Whole wheat flour tortilla with mozzarella or Mexican style cheese.)*
- Whole wheat egg sandwich with mozzarella, cheddar, or Mexican style cheese, and pears.
- Whole wheat sandwich made with scrambled eggs, spinach, turkey ham, mozzarella, cheddar, or Mexican style cheese, and grapes.
- Breakfast burrito and pineapple.
 - *(Scrambled eggs with turkey breakfast sausage and green bell peppers.)*
- Croissant and strawberries.
- Muffin and orange juice or smoothie.
- Whole wheat toast with strawberry jam and banana.
- Avocado toast with eggs and mango.
 - *(Boiled or scrambled.)*
- Scrambled eggs mixed with green beans and mandarins.
- Grilled cheddar, mozzarella, or Mexican style cheese sandwich, and pears or papaya.
- Greek or low-fat yogurt with cereal or granola, and bananas or berries.
- Blueberry pancakes and plums.
- Cinnamon pancakes and bananas.
- Breakfast bar, Greek or low-fat yogurt and grapefruit.
- Banana pancakes with blueberries or strawberries.
- Rice cakes topped with Greek or low-fat yogurt and blueberries.

Snacks

- Greek or low-fat yogurt mixed with diced strawberries, bananas, apples or blueberries.
- Watermelon pizza.
 - *(Slice of watermelon topped with berries and yogurt.)*
- Fruit salad.
 - *(Strawberries, blueberries, black berries, raspberries and bananas with 1 tsp. of brown sugar and lemon.)*
- Grilled mozzarella, cheddar, or Mexican style cheese sandwich.
- Avocado, boiled eggs on whole wheat toast.
- Rice cakes with apples or blueberries.
- Cheese crackers and mandarins.
- Applesauce and cinnamon graham crackers.
- Smoothie and belVita biscuits.
- Cheese sticks and orange slices.
- Tuna and crackers.
- Muffin and grapes.
- Pretzels and apple slices.
- Apples with peanut butter or either low-fat or Greek yogurt.
- Turkey ham, cheese cubes, and carrots.
- Watermelon and wheat crackers.
- Broccoli topped with melted cheddar cheese.
- Boiled potatoes, chayote or cucumbers with a pinch of salt and lemon.
- Cottage cheese, strawberries, and cinnamon Crackers.
- Turkey ham and cheese with Ritz Crackers and Grapes.
- Whole wheat Crackers with avocado dip.
- Celery and carrots with dip and apple or orange juice.
- Goldfish crackers and peach slices or cherries.
- Ritz Crackers with cottage cheese and watermelon.
- Cheddar cheese cubes and apples.
- Canned fruit with Cool Whip.
- Potato salad.
 - *(Potatoes, boiled eggs, celery, carrots, onions, and mayonnaise.)*
- Veggie Straws or Veggie Chips with dip.
- Smoothie.

Lunch

- Grilled chicken, mashed potatoes, green beans or corn and bread.
- Salmon with rice and Salad.
 - (*Lettuce, tomato, cucumber and avocado.*)
- Turkey ham, with cheddar, mozzarella, or Mexican cheese sandwich and avocado.
- Tuna salad sandwich on whole wheat bread or served with whole wheat crackers.
 - (*Tuna, corn, peas, lettuce, and mayonnaise.*)
- Chicken Soup.
 - (*Chicken, chicken broth, potatoes, carrots, chayote, green squash, onion, garlic, spearmint, and celery.*)
- Meatball Soup.
 - (*Turkey or chicken ground meat, tomatoes, garlic, onion, spearmint, rice, potatoes, carrots, chayote, and green squash.*)
- Green chicken posole.
 - (*Corn, chicken, tomatillos, spinach, green bell pepper, garlic, white onion, radish, avocado, lettuce, and Lime.*)
- Black beans and white rice topped with parmesan cheese.
- Pinto beans topped with fresh white Mexican cheese, tomato, cilantro, onion, and tortilla corn chips or crackers.
- Grilled turkey, mashed potatoes, and broccoli.
- Chicken Alfredo pasta with broccoli and carrots.
- Lentil soup topped with Parmesan or fresh white Mexican cheese.
 - (*Lentils, water, tomatoes, and onions.*)
- Picadillo Soup.
 - (*Ground turkey or chicken meat, tomato paste, water, carrots, green squash, potatoes, and chayote.*)
- Spaghetti with parmesan cheese.
 - (*Ground turkey or chicken meat, whole wheat spaghetti pasta, tomato sauce, and mushrooms.*)
- Lasagna with parmesan cheese and salad.
 - (*Ground turkey or chicken meat, whole wheat lasagna pasta, tomato sauce, mushrooms, and mozzarella cheese.*) (*Lettuce, tomato, cucumber, onion, carrots, and avocado.*)
- Macaroni salad with whole wheat crackers.
 - (*Turkey ham, corn, peas, lettuce, and sour cream.*)
- Bagel pizza.
 - (*Tomato sauce, mozzarella cheese and turkey ham.*)
- Macaroni and cheese with broccoli and whole wheat bread.
- Whole wheat pasta and chicken, topped with tomato or pesto sauce and mozzarella cheese.
- Whole wheat burger, chicken or turkey patty, and potatoes or cucumbers.

Bread:

- 100% whole wheat.
- Multigrain.
- Oat.

Yogurt:

- Plain yogurt.
- Plain Greek yogurt.
- Vanilla flavored Greek or non-Greek yogurt.
- Non-fat plain Greek or non-Greek yogurt.
- Less sugar flavored Greek yogurt.

Cheese:

- Mozzarella.
- Monterey Jack.
- Fresh white cheese.
- Cheddar cheese.

Mexican Style:

- 4 cheese.
 - *(Monterey Jack, cheddar, asador and quesadilla cheese.)*
- Parmesan.
- Cottage.
- American cheese.

Meat:

- Fish.
- Salmon.
- Tilapia.
- Sole.
- Turkey.
- Chicken.

Smoothies:

- Banana, milk, oatmeal, and flavored Greek yogurt.
- Strawberry, banana and apple juice.
- Blueberries, strawberries, banana and milk.
- Mango, strawberry, banana and water.
 - *(1% milk.)*

Juices:

- Orange.
- Apple.
- Grape.
- Cranberry.
- Strawberry with apple.
- Mango.
- Pomegranate.
 - *(During summer, 100% juice may be added to Smoothies or Popsicles.)*