

Schaumburg Christian Pre-School Dairy-Free Lunch Menu August 2024

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<u>1-2 yo</u>	<u>3-5 yo</u>	<u>6-12 yo</u>		
	Protein – 1oz Vegetables – 1/8 cup Fruits – 1/8 cup Side – ½ oz (1/8 cup)	Protein – 1 ½ oz Vegetables – ¼ cup Fruits - ¼ cup Side – ½ oz (1/8 cup)	Protein – 2 oz Vegetables – ½ cup Fruits – ¼ cup Side - 1 oz (1/4 cup)		
08.26-08.30	Chicken Fajitas	Stir Fry Chicken	Mama’s Bolognese	Chicken Nuggets	Sloppy Joe
	Sweet Potato	DF Steamed Rice	Rotini Pasta	Rotini Pasta	Slider Bun
	Cole Slaw	Green Peas	Cucumber Salad	Steamed Broccoli	DF Mashed Potato
	Soft Flour Tortilla	Fresh Oranges	Fresh Melon	Fresh Watermelon	Garden Salad
	Fresh Apple				Fresh Banana

content: cage free, antibiotic free, hormone free chicken.