

B''H

# THE GAN- ALAMEDA JEWISH PRESCHOOL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Nectarine/Plum Tomatoes	Banana Cucumber	Tangerine Peppers	Apples Corn	Banana Cucumber
LUNCH	Pasta and Cheese Vegetable Soup Salad and Bread	Meat Lasagna Mushroom Barley Soup Salad and Bread	Chicken Rice Salad and Bread	Salmon Cous Cous Zucchini Soup Salad and Bread	Chicken Potatoes Salad and Challah
AFTERNOON SNACK	Apple Sauce Cucumber	Fruit Smoothie Avocado	Oatmeal Hearts of Palm	Eggs Tomatoes	Tangerine Peppers