



Exploring New Horizons at Sempervirens

www.exploringnewhorizons.org

(831) 252-7868

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ENH 4-Day Menu Monday-Thursday

	Monday	Tuesday	Wednesday	Thursday
Breakfast		Build your own Breakfast Breakfast sandwich Buttermilk Biscuit Scrambled eggs Roasted potatoes strawberries Milk Apple juice Rice Krispies	Pancakes Turkey Sausage Link Hashbrown patty Syrup cups bowls on table Butter bowls on table Milk Kix cereal Oranges slices	French toast sticks Chicken sausage links Syrup cups bowls on table Milk Apple cinnamon cheerios Orange slices
Lunch	Bring your own lunch from home	To go lunches Sun butter uncrustable Bag carrots hummus Whole fruit Classic LAYS Cookie	To go lunches Whole wheat bread Turkey slices Cheddar Cheese Sun butter/Jelly Whole fruit Classic LAYS Mayo/mustard Cookie	Grilled Cheese Whole fruit Classic LAYS Water igloos
Dinner	Penne pasta Marinara Turkey meatballs Tossed salad w/ cherry tomatoes and cucumber Texas toast oven roasted green beans parmesan/crushed red pepper water pitchers	Veggie chicken nuggets Rice Pilaf Steamed corn Tossed salad w/cherry tomatoes and cucumbers Ranch packets Cornbread Water pitchers	Breaded chicken sandwich Hamburger bun Chicken patty Lettuce, tomato, pickles, cheese platter Waffles fries Canned peaches Water pitchers	