



Exploring New Horizons at Sempervirens

[www.exploringnewhorizons.org](http://www.exploringnewhorizons.org)

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### ENH 5-Day Menu

|                  | Monday                                                                                    | Tuesday                                                                                                                                                              | Wednesday                                                                                   | Thursday                                                                                     | Friday                                                                              |
|------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Breakfast</b> |                                                                                           | Build your own Breakfast<br>Sandwiches<br>-english muffin<br>-scrambled eggs<br>-turkey sausage<br>-hashbrown patty<br>Strawberries<br>Rice Crispies<br>Milk & Juice | Pancakes<br>Turkey Sausage<br>Roasted Potatoes<br>Orange Slices<br>Cheerios<br>Milk & Juice | Cheesy Eggs<br>Tater Tots<br>Blueberry Muffin<br>Watermelon<br>Rice Crispies<br>Milk & Juice | French Toast Sticks<br>Chicken Sausage<br>Orange Slices<br>Cheerios<br>Milk & Juice |
| <b>Lunch</b>     | <b>Bring your own lunch from home</b>                                                     | Turkey & Cheese Sandwich<br>Apples<br>Goldfish<br>Cookie                                                                                                             | Turkey & Cheese Sandwich<br>Apples<br>Goldfish<br>Cookie                                    | Turkey & Cheese Sandwich<br>Apples<br>Goldfish<br>Cookie                                     | Grilled Cheese Sandwich<br>Apples<br>Granola Bar                                    |
| <b>Dinner</b>    | Penne Pasta & Marinara<br>Turkey Meatballs<br>Salad<br>Breadsticks<br>Roasted Green Beans | BBQ Chicken<br>Rice Pilaf<br>Corn<br>Salad<br>Cornbread                                                                                                              | Breaded Chicken Sandwich<br>Waffle Fries<br>Fruit Cocktail                                  | Cheese Pizza<br>Salad<br>Peaches                                                             |                                                                                     |