



Exploring New Horizons at Sempervirens

www.exploringnewhorizons.org

(831) 252-7868

Updated 6/17/2026

ENH Monday-Thursday 4-Day Menu

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