



Exploring New Horizons at Sempervirens

www.exploringnewhorizons.org

(831) 252-7868

Updated 6/17/2026

ENH Tuesday-Friday 4-Day Menu

	Tuesday	Wednesday	Thursday	Friday
Breakfast		Pancakes Turkey Sausage Roasted Potatoes Orange Slices Cheerios Milk & Juice	Cheesy Eggs Tater Tots Blueberry Muffin Watermelon Rice Crispies Milk & Juice	French Toast Sticks Chicken Sausage Orange Slices Cheerios 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	BBQ Chicken Rice Pilaf Corn Salad Cornbread	Breaded Chicken Sandwich Waffle Fries Fruit Cocktail	Cheese Pizza Salad Peaches	