

# ABACUS

SCHOOL OF AUSTIN

Effective August 10, 2020

## FALL/WINTER MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Biscuits with Jelly Seasonal Fruit	Kolaches/Meatless Sausage* Seasonal Fruit	Strawberry Cereal Bars Vanilla Yogurt	Blueberry Bagel with Cream Cheese Seasonal Fruit	Pancakes with Syrup (Optional) Seasonal Fruit
<b>LUNCH</b>	Cheese Ravioli Whole Grain Rolls Spinach Salad Seasonal Fruit	Bean & Cheese Burrito Corn Seasonal Fruit	Chicken Nuggets/Meatless Nuggets* Hawaiian Rolls Broccoli Florets with Ranch Seasonal Fruit	Macaroni & Cheese Peas Seasonal Fruit	Turkey Sloppy Joes/ Veggie Patty Sandwich* Sweet Potato Fries Cooked Baby Carrots Seasonal Fruit
<b>SNACK</b>	Graham Crackers Sun Butter	Vanilla Wafers Seasonal Fruit	Apple Muffin Seasonal Fruit	Animal Crackers Applesauce	Saltine Crackers Cheese Slices
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Blueberry Muffin Vanilla Yogurt	Breakfast Pizza Seasonal Fruit	Cereal Seasonal Fruit	Fruit & Cheese Danish Seasonal Fruit	French Toast Sticks with Syrup (Optional) Seasonal Fruit
<b>LUNCH</b>	Chicken Noodle Casserole/ Noodle Casserole* Peas & Carrots Seasonal Fruit	Sliced Ham/Veggie Loaf* Mashed Potatoes California Vegetables Seasonal Fruit	Chicken Fries/Veggie Sticks* Wheat Bread Garden Salad with Ranch Seasonal Fruit	Turkey & Cheese Sandwich/ Cheese Sandwich* Broccoli & Cheese Soup Seasonal Fruit	Chicken Fajitas/Cheese Quesadillas* Spanish Rice Corn Seasonal Fruit
<b>SNACK</b>	Pita Bread with Hummus	Goldfish Crackers Sliced Peaches	Pretzel Bites Seasonal Fruit	Graham Crackers Cream Cheese	Apple Slices String Cheese
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Oatmeal with Honey (Optional) Seasonal Fruit	Waffles with Syrup (Optional) Applesauce	Belvita Blueberry Breakfast Bars Seasonal Fruit	Cinnamon Raisin Bagel with Cream Cheese Seasonal Fruit	Cinnamon Roll Seasonal Fruit
<b>LUNCH</b>	Chicken Pot Pie/ Mushroom & Potato Pot Pie* Mixed Vegetables Seasonal Fruit	Meatballs/Meatless Nuggets* Brown Rice Monterrey Vegetables Seasonal Fruit	Chicken Tenders/Meatless Nuggets* Scalloped Potatoes Glazed Carrots Seasonal Fruit	Tater Tot Casserole/ Mushroom and Potato Casserole* Peas Seasonal Fruit	Chicken & Dumplings/ Creamy Potato Soup* Green Beans Seasonal Fruit
<b>SNACK</b>	Yogurt Covered Pretzels Seasonal Fruit	Wheat Thins Dried Fruit	Yogurt Trail Mix	Ritz Crackers Cheese Slices	Granola Bars Seasonal Fruit
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Croissant with Fruit Jam Seasonal Fruit	Sausage & Potato Breakfast Tacos/ Cheese & Potato Breakfast Tacos* Seasonal Fruit	Granola with Honey (Optional) Strawberry Yogurt	Raisin Toast Seasonal Fruit	English Muffin with Jelly Turkey Sausage/Meatless Sausage**
<b>LUNCH</b>	Chicken Spaghetti/Cheesy Spaghetti* Salad with Ranch Cooked Veggies** Seasonal Fruit	Orange Chicken/ Orange Meatless Chicken* Green Beans Seasonal Fruit	Steak Fingers/Veggie Sticks* Mashed Potatoes Riviera Vegetables Seasonal Fruit	Lasagna/Vegetable Lasagna* Green Salad with Ranch Garlic Bread Seasonal Fruit	Grilled Cheese Tomato Bisque Seasonal Fruit
<b>SNACK</b>	Cheez-Its Seasonal Fruit	Cheese Cubes Sliced Cucumber	Fig Bar Seasonal Fruit	Corn Muffin with Honey (Optional) Diced Mango	Teddy Grahams Dried Cranberries

10:00 a.m. snack will be made available to all children

\*Vegetarian Option

\*\*Children under two option

ABACUS IS PEANUT FREE

(Cereal can be a substitute breakfast item at all times)

Cereal options: Cheerios, Chex, Corn Flakes, Golden Grahams

Milk and water served with lunch

Whole milk served to ages 12-24 months

1% milk served to ages two years and up