

ABACUS

SCHOOL OF AUSTIN

Effective March 22, 2020

SPRING/SUMMER MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Blueberry Bagel with Cream Cheese Seasonal Fruit	Kolaches/Meatless Sausage* Seasonal Fruit	Strawberry Cereal Bars Vanilla Yogurt	Cinnamon Roll Seasonal Fruit	Pancakes with Syrup (Optional) Seasonal Fruit
LUNCH	Chicken Fried Rice/ Vegetable Fried Rice* Carrots Seasonal Fruit	Baked Ziti Green Beans Seasonal Fruit	Chicken Nuggets/Meatless Nuggets* Hawaiian Rolls Broccoli Florets with Ranch/Cooked Broccoli** Seasonal Fruit	Whole Grain Cheese Pizza Peas Seasonal Fruit	Chicken Burger/Southwestern Veggie Burger* Garden Salad w/ Ranch/Cooked Veggies** Seasonal Fruit
SNACK	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
BREAKFAST	Blueberry Muffin Vanilla Yogurt	Biscuits with Jelly Seasonal Fruit	Cereal Seasonal Fruit	Fruit & Cheese Danish Seasonal Fruit	French Toast Sticks with Syrup (Optional) Seasonal Fruit
LUNCH	Bowtie Pasta with Turkey & Parmesan/ Bowtie Pasta with Parmesan* Green Beans Seasonal Fruit	Chicken Soft Tacos/Cheese Quesadillas* Corn Black Beans Seasonal Fruit	Chicken Fries/Veggie Sticks* Wheat Bread Garden Salad with Ranch Seasonal Fruit	Steak Fingers/Veggie Patty* Mashed Potatoes Cooked Baby Carrots Seasonal Fruit	Fish Sticks/Meatless Nuggets* California Veggies Seasonal Fruit
SNACK	Pita Bread with Hummus	Wheat Thins Dried Fruit	Pretzel Bites Seasonal Fruit	Graham Crackers Cream Cheese	Apple Slices String Cheese
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	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	Orange Sweet Rolls Seasonal Fruit
LUNCH	Grilled Chicken Alfredo/ Cheesy Alfredo* Glazed Carrots Seasonal Fruit	Tater Tot Casserole/ Mushroom and Potato Casserole* Peas Seasonal Fruit	BBQ Chicken Strips/Veggie Sticks* Riviera Veggies Seasonal Fruit	Chicken & Rice/Veggie Rice* Corn Seasonal Fruit	Cheeseburger/Black Bean Burger* Lettuce & Tomato/Cooked Vegetables** Seasonal Fruit
SNACK	Yogurt Covered Pretzels Seasonal Fruit	Goldfish Crackers Sliced Peaches	Yogurt Trail Mix	Ritz Crackers Cheese Slices	Corn Muffin with Honey Seasonal Fruit
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Croissant with Fruit Jam Seasonal Fruit	Raisin Toast Seasonal Fruit	Granola with Honey (Optional) Strawberry Yogurt	Sausage & Potato Tacos/Cheese & Potato Breakfast Tacos* Seasonal Fruit	Breakfast Pizza Seasonal Fruit
LUNCH	Chicken Potpie/ Mushroom & Potato Potpie* Mixed Vegetables Seasonal Fruit	Turkey & Cheese Roll-ups/ Cheese Roll-Ups* Carrot with Ranch/Cooked Carrots** Seasonal Fruit	Chicken Tenders/Meatless Nuggets* Scalloped Potatoes Glazed Carrots Seasonal Fruit	Grilled Chicken/Veggie Loaf* Wild Rice Spinach Salad w/ Ranch/Cooked Spinach** Seasonal Fruit	Spaghetti with Meat Sauce/ Spaghetti with Marinara* Monterey Vegetables Seasonal Fruit
SNACK	Cheez-Its Seasonal Fruit	Cheese Cubes Sliced Cucumber/Crackers**	Fig Bar Goldfish Crackers	Granola Bats Seasonal Fruit	Teddy Grahams Dried Cranberries

10am 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

