

Rainbow School Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Cereal Orange juice</p> <p>Chicken nuggets Carrot sticks Apple</p>	<p>2 Raisin cinnamon muffin Pineapple</p> <p>Hamburger steak Mashed potatoes Corn Orange</p>	<p>3 Waffles Peaches</p> <p>Western BBQ chicken Rice Coleslaw Banana</p>	<p>4 Banana bread 5 Pears Yogurt</p> <p>Ham & cheese sandwich Carrot sticks Pineapple</p>	<p>5 Cereal Apple juice</p> <p>Spaghetti w/garlic bread Tossed salad Cantaloupe</p>
<p>8 Cereal Orange juice</p> <p>Char siu manapua Vegetable fried noodles Apple</p>	<p>9 Hawaiian sweet roll Fruit cocktail</p> <p>Chili mac Broccoli Orange</p>	<p>10 Pancakes Apple sauce</p> <p>Roast turkey Stuffing Corn Banana</p>	<p>11 Cinnamon strudel Pears Yogurt</p> <p>Parmesan chicken sandwich Tossed salad Pineapple</p>	<p>12 Cereal Apple juice</p> <p>Sweet & sour pork Rice Peas & carrots Cantaloupe</p>
<p>15 Cereal Orange juice</p> <p>Hot dogs Baked beans Carrot sticks Apple</p>	<p>16 Eng. muffin w/cheese Pineapple</p> <p>Beef & rice wraps Tossed salad Orange</p>	<p>17 French toast Peaches</p> <p>Chicken alfredo Broccoli Banana</p>	<p>18 Mango bread Pears Yogurt</p> <p>Hawaiian chop steak Rice Pineapple</p>	<p>19 Cereal Apple juice</p> <p>Fish burger Cucumber dip Honeydew melon</p>
<p>22 Cereal Orange juice</p> <p>Pastrami on wheat bun Carrot sticks Apple</p>	<p>23 Strawberry bagel Fruit cocktail</p> <p>Spaghetti w/ garlic bread Tossed salad Orange</p>	<p>24 Waffles Applesauce</p> <p>Baked ham w/pineapple Sweet potatoes Banana</p>	<p>25 Blueberry bread Pears Yogurt</p> <p>Teriaki beef Rice Peas & carrots Pineapple</p>	<p>26 Cereal Apple juice</p> <p>Burritos Cucumber & dip Honeydew melon</p>
<p>29 Cereal Orange juice</p> <p>Fish sticks Tater tots Carrot sticks Apple</p>	<p>30 Hawaiian sweet roll Pineapple bits</p> <p>Chicken stew Rice Orange</p>	<p>31 Pancakes Peaches</p> <p>Sloppy joes Tossed salad Banana</p>	<p>2% milk served with all meals.</p> <p><small>Rainbow Schools food program is operated in accordance with the USDA policy which does not permit discrimination on the basis of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any USDA related activity should write to the Secretary of Agriculture, Washington D.C. 20250.</small></p>	