



Kosher Seasonal Lunch Menu

At The Chabad Preschool, we value exposing the children to a variety of healthy foods in order to help expand our children's food repertoire. Vegetable consumption is an important component of a healthy diet; as one of the main food groups, vegetables provide fiber, vitamins, minerals and antioxidants. With this in mind, the children are fed fresh fruit and veggies daily.

Each day, we offer a variety of choices for our pickiest little eaters, with the intention that each child finds something healthy that they can eat and enjoy. At the same time, children are exposed to new foods that they may not usually eat and are encouraged to widen their palette of healthy foods. They may even discover these new healthy dishes actually taste delicious! We also include a weekly rotating lunch menu as this enables us to widen the variety of foods available and make it more interesting for the children.

Throughout mealtime, teachers give a lot of positive reinforcement for:

- Healthy eating choices
- Trying new foods
- Eating neatly and using good table manners

All are lunches are home cooked using the healthiest and finest ingredients.

Below please find a sample meal plan (subject to change).

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	seasonal fruit corn chips	sliced vegetables rice cakes	seasonal fruit crackers	sliced vegetables pretzels	seasonal fruit potato chips
Lunch	Hard Boiled Eggs or Salmon Rice Steamed Vegetables	Pizza Bagels Vegetable salad	Meatballs Pasta Steamed vegetables	Scrambled Eggs Mashed Potatoes Vegetable Salad	Chicken soup with Matza Balls & Carrots

*Steamed Vegetables includes one or more of the following: Broccoli, string beans, sweet potatoes, corn, green peas.

*Vegetable Salad includes one or more of the following: cucumber, tomatoes, avocados, peppers.

If your child has any allergies to foods, please let us know.