

# Palms Day School

## SAMPLE MENU

### BREAKFAST

Eggs and Toast with a side of turkey Bacon & Fresh Fruit Glass of Milk	French Toast with a side of Sausage & Fresh Fruit Glass of Milk	Waffle Bar with a side of Turkey Bacon & Fresh Fruit Glass of Milk	Oatmeal and Toast with a side of Sausage & Fresh Fruit Glass of Milk	Buttermilk Pancakes with a side of Turkey Bacon & Fresh Fruit Glass of Milk
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### LUNCH

Club Sandwiches with a Cucumbers & Pineapple Glass of Milk	Beef Tacos & all the fixings with a side of Corn & Peaches Glass of Milk	Chicken Nuggets and Dipping Sauces with a side of Corn & Apple Slices Glass of Milk	Spaghetti and Meatball Marinara with a side Salad and Pears Glass of Milk	Cheese Pizza with a side of Peas and Mandarin Oranges Glass of Milk
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### SNACK

Warm Soft Pretzel with Cheese dip Glass of Milk	Chocolate Overnight Oats Glass of Milk	Banana Bread Bites Glass of Milk	Yogurt Parfait with Fresh Seasonal Fruit Glass of Milk	Chips with Salsa, Guacamole and Queso Glass of Milk
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Alternative Breakfast  
Options include:  
Bakery Bar &  
Greek Yogurt with  
Fresh Berries

Alternative Lunch  
Options include:  
Cheese Sandwich,  
Turkey/Ham Sandwich  
or Soy-nut Butter &  
Jelly Sandwich

Fresh Fruit and  
Water are  
available  
throughout the  
day

