



Menu for Intensive Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Scramble eggs, Whole Grain Toast, Watermelon.	Breakfast: Pancakes with Honey, Yogurt, Strawberries.	Breakfast: Waffles with Honey, Yogurt, Blueberries.	Breakfast: English Muffin, Boiled Egg, Yogurt, Kiwi.	Breakfast: Oatmeal, Cottage Cheese with Berry Jam, Banana.
Lunch: Beef Hotdogs on Whole Grain Bun, Caprese Salad, Sliced Apple.	Lunch: Chicken Rice Pilaf, Garden Green Salad, Grapes.	Lunch: Chicken Cutlets, Buckwheat, Vegetables, Sliced Apple.	Lunch: Fish Fillets, Mashed Potatoes, Spring Cabbage Salad, Orange.	Lunch: Pasta, Chicken Strips, Caesar Salad, Sliced Apple.
<ul style="list-style-type: none">• Gluten Free options available.• Students are welcome to bring their own lunch and snacks if desired.				

