



Lunch Menu



Delicious Healthy Meals for Kids

ALL MEALS ARE GLUTEN FREE (GF), SOY FREE (SF) and DAIRY FREE (DF)

SOME meals may contain nuts. NUT FREE (NF)

CONTAINS NUTS CONTAINS ALMONDS CONTAINS COCONUT

Monday

Egg Casserole w/peppers, onions, bacon and DF cheese CA
 Bacon Applesauce

Toleration or Meal (Please circle)

Tuesday

Veggie Quesadillas w/DF Cheese
 Cauliflower Spanish Rice
Apples and Pears

Toleration or Meal (Please circle)

Wednesday

Veggie Lasagna w/DF Cheese
 Zucchini, Yellow Squash, Tomatoes,
Celery, Peppers, and Onion
Assorted Fruit

Toleration or Meal (Please circle)

Thursday

Hawaiian Style Ginger-Pineapple, BBQ Pork
"Fried Rice" with Basmati Rice,
carrot, scallions, egg, coconut aminos,
sesame oil

Sliced Oranges

Toleration or Meal (Please circle)

Friday

Roast Sliced Chicken with Gravy
Sautéed Cabbage & Carrots
 Roast Sweet Potatoes
Assorted Fruit

Toleration or Meal (Please circle)

Sign Up!

Cash, Check, or Pay at Drop Off

I would like my child to have lunch on:

MONDAY WEDNESDAY FRIDAY
TUESDAY THURSDAY

Name of Child(ren): _____

Dietary Restrictions: _____

Allergies: _____

Preferences: _____



March 31st - April 4th

810.295.1800 MonarchChildCenter.com
7015 Fieldcrest Dr., Brighton MI





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Monday



Scrambled Eggs
Bacon
Potato Pancakes
Diced Pears



Toleration or Meal (Please circle)

Tuesday



Beef Meatloaf with Gravy
Roast Parsnips & Carrots
DF Mashed Potatoes



Toleration or Meal (Please circle)

Wednesday



Spaghetti with Meatballs and Sauce
Zucchini and Yellow Squash
GF Pasta
Assorted Fruit

Toleration or Meal (Please circle)

Thursday



Turkey Nuggets
Brown Rice Pilaf
Fresh Fruit

Toleration or Meal (Please circle)

Friday



Chicken Quesadilla
DF Cheese, Peppers & Onions
Cauliflower-Spanish Rice
Assorted Fruit

Toleration or Meal (Please circle)

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Breakfast Casserole with Mickey and Minnie Waffles
Assorted Fruit

Toleration or Meal (Please circle)

Wednesday



Veggie Alfredo
Assorted Fruit

Toleration or Meal (Please circle)

Friday



Turkey Nuggets
Roasted Carrots & Parsnips
Assorted Fruit

Toleration or Meal (Please circle)

Tuesday



Beef Taco's w/lettuce, tomato,
DF cheese
Assorted Fruit

Toleration or Meal (Please circle)

Thursday



Chicken Parmesan with
DF Cheese
Assorted Veggies
Assorted Fruit

Toleration or Meal (Please circle)

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Scrambled Eggs
Turkey Sausage Patty
Mickey and Minnie Waffles
Assorted Fruit

Toleration or Meal (Please circle)

Tuesday



Mac and Cheese with Carrots, Brussels Sprouts, Broccoli, Cauliflower
Assorted Fruit

Toleration or Meal (Please circle)

Wednesday



BBQ Chicken
Sweet Potato Fries
Corn Bread, Green Beans
Assorted Fruit

Toleration or Meal (Please circle)

Thursday



Grilled Cheese
Tomato Soup
Assorted Veggies
Assorted Fruit

Toleration or Meal (Please circle)

Friday



Veggie Spaghetti w/GF Noodles
Beef Meatballs
Assorted Fruit

Toleration or Meal (Please circle)

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April 21st - 25th

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Sauteed Chicken with
Roast Redskin Potatoes
Green Beans
Assorted Fruit

Toleration or Meal (Please circle)

Tuesday



Cheese & Pepperoni Pizza
Assorted Veggies
Assorted Fruit

Toleration or Meal (Please circle)

Wednesday



Beef Meatloaf
Mashed Potatoes
Assorted Veggies
Assorted Fruit

Toleration or Meal (Please circle)

Thursday



Chicken Quesadilla
Spanish Rice
Assorted Fruit

Toleration or Meal (Please circle)

Friday



Veggie Stir Fry
Basmati Rice
Fresh Fruit



Toleration or Meal (Please circle)

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