

SPRING/SUMMER AM & PM SNACK MENU 2012

RUNNYMEDE ADVENTURE CLUB

MON.	TUES.	WED.	THURS.	FRI.
<p>AM. Cereal & Milk</p> <p>PM. No sugar Applesauce & Arrowroot Crackers & Fresh Fruit</p>	<p>(Hot Oatmeal, Corn</p> <p>Assorted Fruit Yogurt & Assorted Breakfast Cereals</p>	<p>Flakes, Rice Krispies,</p> <p>Fresh Vegetables & Breadsticks & Tzatziki</p>	<p>Cheerios, Shreddies,</p> <p>Mini Whole Wheat Pitas & Edamame & Carrots</p>	<p>and sometimes fruit)</p> <p>Cream Cheese & Whole Wheat Crackers & Fresh Fruit</p>
<p>AM. Cereal & Milk</p> <p>PM. Multigrain Nachos & Salsa & Fresh Fruit</p>	<p>(Hot Oatmeal, Corn</p> <p>Assorted Breakfast Cereals & Milk & Fresh Fruit</p>	<p>Flakes, Rice Krispies,</p> <p>Fresh Vegetables & Naan Bread & Tzatziki</p>	<p>Cheerios, Shreddies,</p> <p>Multigrain Crackers & Soy Butter & Fresh Fruit</p>	<p>and sometimes fruit)</p> <p>Fruit to Go Snacks & Raisons & Fresh Fruit</p>
<p>AM. Cereal & Milk</p> <p>PM. Raison Bread & Cream Cheese, Jam, Apple Butter & Fresh Fruit</p>	<p>(Hot Oatmeal, Corn</p> <p>Plain Yogurt & Graham Crackers & Fresh Fruit</p>	<p>Flakes, Rice Krispies,</p> <p>Fresh Vegetables & Melba Toast & Dip</p>	<p>Cheerios, Shreddies,</p> <p>Cheese Strings & Breadsticks & Fresh Fruit</p>	<p>and sometimes fruit)</p> <p>Homemade Fruit Muffins & Fresh Fruit</p>

***Fresh Vegetables Include – Zucchini, Cucumber, Peppers, Carrots, Green Beans, Cauliflower

****Fresh Fruit Includes – Oranges, Apples, Pears, Bananas, Cantaloupe, Honeydew Melon, Strawberries, Berries, Watermelon

RAC Catered Trans Fat Free Lunch Menu from Halpert Catering
For Fall & Winter 2011/12

Updated April 2012

HALPERT CATERING has a website link – www.halpertcatering.com

WEEK 1

**Monday – Veggie Penne, Meat Sauce, Parmesan Cheese, Celery Sticks and Broccoli Florets,
Whole Wheat Dinner Buns, Fresh Fruit, Milk**

**Tuesday – Chicken Souvlaki, Herb Roasted Potatoes, Tzatziki, Carrot Sticks & Tomato Wedges,
Whole Wheat Pita Bread, Fresh Fruit, Milk**

**Wednesday – Bean Burritos, Sour Cream, Steamed Carrots and Cauliflower, Cucumber and Pepper
Sticks, Fresh Fruit, Milk**

**Thursday – Fish Sticks, Rice Pilaf, Ketchup, Celery Sticks and Tomato Wedges, Ancient Grain Bread,
Fresh Fruit, Milk**

Friday – Baked Lasagna, Caesar Salad, Dressing, Croutons, Bread Sticks, Fresh Fruit, Milk

WEEK 2

**Monday – Chicken, Potato and Carrot Stew, Cucumber Sticks and Broccoli Florets,
Whole Wheat Bagel, Fresh Fruit, Milk**

**Tuesday – Veggie Rotini, Tomato Ricotta Sauce, Carrot and Pepper Sticks, Parmesan Cheese,
Italian Bread, Garlic Butter, Fresh Fruit, Milk**

**Wednesday – Lemon Cod Fillet, Spanish Style Rice, Celery Sticks and Broccoli Florets,
Fresh Fruit, Milk**

**Thursday – Chicken Noodle Soup, All Beef Salami, Chicken and Cheese Whole Wheat Sub Sandwiches, Cucumber and
Pepper Sticks, Mustard, Fresh Fruit, Milk**

**Friday – Whole Wheat Spaghetti and Meatballs, Fresh Garden Salad, Dressing, Twelve Grain Bread,
Fresh Fruit, Milk**

WEEK 3

Monday – Beef Chili, Organic Tortilla Chips, Cucumber and Celery Sticks, Whole Wheat Bread, Fresh Fruit, Milk

Tuesday – Chicken Roti, Rice and Peas, Cauliflower and Broccoli Florets, Whole Wheat Pita Bread, Fresh Fruit, Milk

Wednesday – All Beef Tacos, Lettuce, Tomatoes, Cheese, Sour Cream, Taco Shells, Fresh Fruit, Milk

Thursday – Mini Chicken Meatloaf, Barley Pilaf, BBQ Sauce, Carrot and Celery Sticks, Whole Wheat Bread, Fresh Fruit, Milk

Friday – Breaded Fisherman Pocket, Peas and Carrots, Lettuce, Cheese, Tartar Sauce, Whole Wheat Pita Bread, Fresh Fruit, Milk

WEEK 4

Monday – Meatballs and Gravy, Smashed Potatoes, Pepper Sticks and Cauliflower Florets, Whole Wheat Buns, Fresh Fruit, Milk

Tuesday – Whole Wheat Macaroni and Cheese, Chick pea, Kidney Bean and Carrot Salad, Whole Wheat Bread, Fresh Fruit, Milk

Wednesday – All beef Hamburgers, Corn Niblets, Ketchup, Cabbage and Carrot Coleslaw, Whole Wheat Burger Buns, Fresh Fruit, Milk

Thursday – Multigrain Tilapia, Fried Rice, Almost Greek Salad, Whole Wheat Mini Pita Bread, Fresh Fruit, Milk

Friday – Portuguese Chicken Drumsticks with Chickpeas and Tomatoes, Diced Potatoes, Light Rye Bread, Celery and Pepper Sticks, Fresh Fruit, Milk