



Lake Forrest Preparatory School Preschool Summer 2019 Menu

Emmabeans takes great care and pride in every aspect of food creation. Careful planning has gone into our menu selections and the method of preparation, with an emphasis on sustainable, local and organic products. Our food is produced in house at the East End Commissary Kitchen in Orlando, Fl. Our pledge to you is that we will provide the personal service that we ourselves would expect and appreciate as a customer. Please contact Emily with any sourcing or ingredients questions: emily@emmabeansorlando.com. Please contact your school directly with allergy concerns.

Daily lunch will also include a fruit and vegetable side (unless vegetable in main, Chef's choice).

June 2019

Week One (6/3-6/7)

Monday: Turkey Sammy

Tuesday: Pasta Fagiole (Pasta with Beans & Parmesan)

Wednesday: Applegate Hot Dogs

Thursday: Cheesy Quesadilla with Rice & Beans

Friday: Mini Pizza Sliders (with mini muffin)

Week Two (6/10-6/14)

Monday: Sun Butter & Jam Sammy

Tuesday: Cheesiest Macaroni & Cheese

Wednesday: Waffles with Strawberry Dipping Sauce

Thursday: Turkey Quinoa Meatloaf

Friday: Sloppy Joe Sliders (with mini muffin)

Week Three (6/17-6/21)

Monday: Ham Sammy

Tuesday: Pasta Marinara

Wednesday: Waffles with Strawberry Dipping Sauce

Thursday: Chicken & Bean Soft Tacos

Friday: Cheesy Broccoli Sliders (with mini muffin)

Week Four (6/24-6/28)

Monday: Turkey Sammy

Tuesday: Pasta Primavera

Wednesday: French Toast with Blueberry Yogurt Dipping Sauce

Thursday: Cheesy Quesadilla with Rice & Beans

Friday: Chicken Stroganoff Sliders (with mini muffin)

July 2019

Week One (7/1-7/5)

Monday: Sun Butter & Jam Sammy

Tuesday: Pasta Fagiole (Pasta with Beans & Parmesan)

Wednesday: Waffles with Strawberry Dipping Sauce

Thursday: Closed

Friday: Closed

Week Two (7/8-7/12)

Monday: Ham Sammy

Tuesday: Cheesiest Macaroni & Cheese

Wednesday: Applegate Turkey Hot Dogs on Whole Wheat Bun

Thursday: Turkey Quinoa Meatloaf

Friday: Mini Pizza Sliders (with mini muffin)

Week Three (7/15-7/19)

Monday: Turkey Sammy

Tuesday: Pasta Marinara

Wednesday: Waffles with Strawberry Dipping Sauce

Thursday: Chicken & Bean Soft Tacos

Friday: Sloppy Joe Sliders (with mini muffin)

Week Four (7/22-7/26)

Monday: Sun Butter & Jam Sammy

Tuesday: Pasta Primavera

Wednesday: French Toast with Blueberry Yogurt Dipping Sauce

Thursday: Cheesy Quesadilla with Rice & Beans

Friday: Cheesy Broccoli Sliders (with mini muffin)

Week Five (7/29-8/2)

Monday: Ham Sammy

Tuesday: Pasta Fagiole (Pasta with Beans & Parmesan)

Wednesday: Waffles with Strawberry Dipping Sauce

Thursday: Veggie, Cheese & Bean Soft Taco

Friday: Chicken Stroganoff Sliders (with mini muffin)