

Wah Mei School Monthly Menu

December -2016

	Monday	Tuesday	Wednesday	Thursday	Friday
				<i>12/01</i>	<i>12/02</i>
Breakfast				English Muffins 英倫馬芬	Cereal/ 玉米片
Lunch				Cream Chicken Noodles 雞肉濃湯麵 (Chicken,Corn,Green Peas) Fresh Fruit & Organic Milk	Sprghetti & Meatballs 義大利肉丸麵 (Beef,Tomatoes,Carrot) Fresh Fruit & Organic Milk
PM Snack				Animal shape crackers/動物形餅乾	Ritz Crackers/瑞滋圓餅
	<i>12/05</i>	<i>12/06</i>	<i>12/07</i>	<i>12/08</i>	<i>12/09</i>
Breakfast	Waffles /雞蛋餅	Strawberry Toast 草莓吐司	Oatmeal / 燕麥片	English Muffins 英倫馬芬	Pancakes/ 煎餅
Lunch	Ham Sandwiches 火腿三明治 (Ham,Cheese, Lettuce) Fresh Fruit & Organic Milk	Oven Fried Chicken 雞肉飯 (Chicken, Corn, Broccoli) Fresh Fruit & Organic Milk	Fried Noodles 炒麵 (Ground Pork, Cabbage) Fresh Fruit & Organic Milk	Elbow Cream of Mushroom 磨菇濃湯義大利麵 (Ham,Green Peas) Fresh Fruit & Organic Milk	Drumsticks 烤雞腿 (Bread, Carrot sticks) Fresh Fruit & Organic Milk
PM Snack	Honey Grahams/全麥蜂蜜餅	Chips /玉米脆片	Tater Tots /馬鈴薯丁	Gold Fish Crackers/金魚餅乾	Honey Grahams/全麥蜂蜜餅
	<i>12/12</i>	<i>12/13</i>	<i>12/14</i>	<i>12/15</i>	<i>12/16</i>
Breakfast	English Muffins 英倫馬芬	Cereal/ 玉米片	Oatmeal / 燕麥片	Waffles /雞蛋餅	Strawberry Toast 草莓吐司
Lunch	Fillet-O- Fish Sandwiches 魚條熱狗包 (Fish Sticks, Carrot Sticks) Fresh Fruit & Organic Milk	Sprghetti & Meatballs 義大利肉丸麵 (Beef,Tomatoes,Carrot) Fresh Fruit & Organic Milk	Elbow Macaroni 義大利粉 (Ham,Cheese,Green Peas) Fresh Fruit & Organic Milk	BBQ Pork over Rice 烤豬肉飯 (Ground Pork, Cabbage, Rice) Fresh Fruit & Organic Milk	Cream Chicken Noodles 雞肉濃湯麵 (Chicken,Corn,Green Peas) Fresh Fruit & Organic Milk
PM Snack	Tater Tots /馬鈴薯丁	Ritz Crackers/瑞滋圓餅	Mini Corn Cobs / 玉米棒子	Cheese Cubes/ 起司丁	Club Crackers/ 蘇打餅
	<i>12/19</i>	<i>12/20</i>	<i>12/21</i>	<i>12/22</i>	<i>12/23</i>
Breakfast	Cereal/ 玉米片	Pancakes/ 煎餅	Waffles / 雞蛋餅	Bagels/貝果	Cereal/ 玉米片
Lunch	Pizza 披薩餅 (Salami,Cheese,Carrot) Fresh Fruit & Organic Milk	Cream Chicken Noodles 雞肉濃湯麵 (Chicken,Corn,Green Peas) Fresh Fruit & Organic Milk	Beef &Tomatoes Rice 蕃茄牛肉飯 (Carrots, Tomatoes, Onions) Fresh Fruit & Organic Milk	Sprghetti & Meatballs 義大利肉丸麵 (Beef,Tomatoes,Carrot) Fresh Fruit & Organic Milk	Beef, Mashed Potate, Furit Salad 牛肉, 馬鈴薯泥, 水果沙拉 (Bread, Carrot sticks) Fresh Fruit & Organic Milk
PM Snack	Ritz Crackers/瑞滋圓餅	French Toast Sticks /法國吐司	Honey Grahams/全麥蜂蜜餅	Animal shape crackers/動物形餅乾	Tater Tots /馬鈴薯丁
	<i>12/26</i>	<i>12/27</i>	<i>12/28</i>	<i>12/29</i>	<i>12/30</i>
Breakfast		Cereal/ 玉米片	Strawberry Toast 草莓吐司	Oatmeal/燕麥片	Waffles / 雞蛋餅
Lunch	Christmas School Closed	Chicken Nuggets, Bread 雞塊, 玉米棒子 (Mini Corn Cobs) Fresh Fruit & Organic Milk	BBQ Pork over Rice 烤豬肉飯 (Ground Pork, Cabbage, Rice) Fresh Fruit & Organic Milk	Cream Chicken Noodles 雞肉濃湯麵 (Chicken,Corn,Green Peas) Fresh Fruit & Organic Milk	Spaghetti & Meatballs 義大利肉丸麵 (Beef,Tomatoes,Carrot) Fresh Fruit & Organic Milk
PM Snack		Gold Fish Crackers/金魚餅乾	Animal shape crackers/動物形餅乾	Tater Tots /馬鈴薯丁	Honey Grahams/全麥蜂蜜餅