

Two weeks menu sample

Breakfast is the most important meal of the day. Make sure it is taken at home for a better performance of your child at school and it has to contain 1 dairy, 1 fruit and one carbohydrate. In case your child eats a full breakfast at home, then remove the item in bold from the menu.

Sunday 1	Monday 1	Tuesday 1	Wednesday 1	Thursday 1
<p>One banana</p> <p>1 plain yogurt or with fruits with a plain cereal bar (like Nature Valley)</p> <p>Pasta salad with tuna and cherry tomatoes, cucumbers and carrots cut in small cubes seasoned with lemon, mustard, pinch of salt and olive oil.</p>	<p>Grapes (a dozen)</p> <p>Small pretzel with a cheese stick</p> <p>Ham (turkey, chicken or meat) Sandwich with tomatoes and lettuce.</p>	<p>Melons or watermelons cut into small pieces (a cup)</p> <p>A small bread with Labneh</p> <p>Boiled potatoes and chick peas salad, olives and broccoli.</p>	<p>Pineapples cut into pieces (2 round pieces)</p> <p>One bagel with a square type of cheese (like Kiri)</p> <p>One small quiche or savory tart with varied ingredients of your choice (vegetables, tuna/meat/chicken), raw carrots cut in sticks.</p>	<p>Dried apricots (3) or raisins (small handful)</p> <p>2 rice cakes with a cheese pouch (like chocolate or vanilla kiri)</p> <p>Manakesh with minced meat (lahm bi aajin) and raw vegetables salad.</p>

Sunday 2	Monday 2	Tuesday 2	Wednesday 2	Thursday 2
<p>One apple</p> <p>One Danao, small milk bun</p> <p>2 brown toasts with turkey, cherry tomatoes, and olives with pitted seeds. .</p>	<p>Three dates</p> <p>A fruit cereal bar, one Danette</p> <p>3 home made mini pizza, cucumbers and tomatoes.</p>	<p>Two small peeled oranges</p> <p>Cheese with bread sticks (like Kiri or Vache qui rit)</p> <p>Chicken salad with avocado, corn and carrots.</p>	<p>Fruit salad (a small cup)</p> <p>One Actimel, one small home made plain cake</p> <p>Rice salad with shrimps/crabs/salmon, avocados and carrots.</p>	<p>Strawberries (a dozen)</p> <p>Plain milk, two corn cakes</p> <p>One Lebanese bread with cheese and ham, tomatoes and cucumber.</p>

Important notes:

- We included in this menu one or more of the 5 food groups (fruits, vegetables, carbohydrates, protein and dairy products).
- For middle or high school students who don't like eating in the canteen, an additional plate to be heated is to be added.
- For elementary students staying at school for after noon classes, an additional small meal is to be considered.
- Water is the best drink for all but if you like offering juice to your child then think of buying fresh bottled juices not the packed juice who are actually a mixture of water, sugar and colorants.
- Vary bread types, fruits, vegetables and salad dressings to avoid boredom and to have as much vitamins as possible.
- In case you feel your child is not eating enough (the quantities mentioned earlier are more than enough) then add more fruits and vegetables but don't put sweets instead.
- Don't forget to add the blue cold packs in the lunchbox to keep the food fresh and cold.
- We would like to remind you that all kinds of nuts, candies, chocolate bars, soda, energy drinks, chips, doughnuts, nuggets, French fries and all kinds of fast food are not allowed at school.

Nesrine GHARIOS

School Nurse

Theodore Monod French School