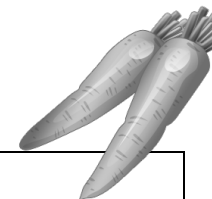


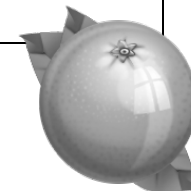


LASER at Bryant Snack Menu

Week 1



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st SNACK	<u>Rice w/ Veggies</u> <u>[cooked in house]</u> <ul style="list-style-type: none"> • 1 cup rice • ½ T soy sauce <u>1/2 banana</u> <u>2 cheese squares</u> <u>¼ cup bell peppers</u> <u>¼ cup snap peas</u> <u>1 T hummus</u> <u>1 cup juice</u>	<u>Sandwich</u> <u>[assembled in house]</u> <ul style="list-style-type: none"> • 1 slice of bread • 1 slice of meat • 1 T mayonnaise • 1 T mustard <u>2 orange slices</u> <u>¼ cup carrots</u> <u>¼ cup celery</u> <u>1 T ranch</u> <u>1 cup juice</u>	<u>Cold English Muffin</u> <u>Pizza</u> <u>[assembled in house]</u> <ul style="list-style-type: none"> • ½ English muffin • 1 T tomato sauce • ¼ cup shredded cheese • 1 slice of meat <u>¼ cup broccoli</u> <u>¼ cup celery</u> <u>1 T ranch</u> <u>1 cup juice</u>	<u>Pita Bread & Hummus</u> <u>[assembled in house]</u> <ul style="list-style-type: none"> • 4 pita slices • 1 T hummus <u>¼ cup cucumbers</u> <u>¼ cup bell peppers</u> <u>3 apple slices</u> <u>1 cheese stick</u> <u>1 cup juice</u>	<u>Quesadillas</u> <u>[assembled in house]</u> <ul style="list-style-type: none"> • 1 tortilla wrap • ¼ cup shredded cheese • 1 T salsa • 1 T guacamole <u>¼ cup carrots</u> <u>¼ cup celery</u> <u>1 T ranch</u> <u>1 cup juice</u>
2nd SNACK	<u>Wheat Thins & Cream</u> <u>Cheese</u> <ul style="list-style-type: none"> • ¼ cup wheat thins • 1 T cream cheese <u>Leftovers</u> <u>1 cup juice</u>	<u>Pitta Chips w/ Humus</u> <ul style="list-style-type: none"> • ¼ cup pitta chips • 1 T humus <u>Leftovers</u> <u>1 cup juice</u>	<u>Yogurt & Granola</u> <ul style="list-style-type: none"> • ½ cup yogurt • ¼ cup granola • ¼ cup berries/fruit <u>Leftovers</u> <u>1 cup juice</u>	<u>Pretzel Chips w/ Humus</u> <ul style="list-style-type: none"> • ¼ cup pitta chips • 1 T humus <u>Leftovers</u> <u>1 cup juice</u>	<u>Tortilla Chips w/ Salsa &</u> <u>Guacamole</u> <ul style="list-style-type: none"> • 1/2 cup tortilla chips • 1 T salsa • 1 T guacamole • 1 T shredded cheese <u>Leftovers</u> <u>1 cup juice</u>



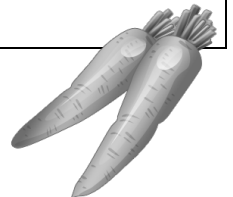
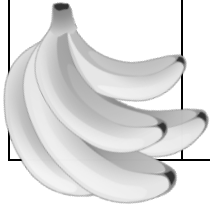
The menu is subject to change.

LASER at Bryant Snack Menu

Week 2



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st SNACK	<p><u>Pasta</u> [cooked in house]</p> <ul style="list-style-type: none"> • 1 cup pasta • ½ T tomato sauce • 1 T parmesan cheese <p><u>¼ cup carrots</u> <u>¼ cup snap peas</u> <u>1 T ranch</u> <u>1 cup juice</u></p>	<p><u>Caesar Salad</u> [assembled in house]</p> <ul style="list-style-type: none"> • 1 cup lettuce • ¼ cup croutons • 1 T parmesan cheese • 1 T Caesar dressing <p><u>1/2 banana</u> <u>2 cheese squares</u> <u>¼ cup bell peppers</u> <u>¼ cup snap peas</u> <u>1 T hummus</u> <u>1 cup juice</u></p>	<p><u>Sun Butter and Jelly</u> <u>Sandwich</u> (cut in half) [assembled in house]</p> <ul style="list-style-type: none"> • 2 slices of bread • 1 T sun butter • 1 T jelly <p><u>2 orange slices</u> <u>¼ cup carrots</u> <u>¼ cup celery</u> <u>1 T ranch</u> <u>1 cheese stick</u> <u>1 cup juice</u></p>	<p><u>Wrap</u> [assembled in house]</p> <ul style="list-style-type: none"> • ½ tortilla wrap • ½ cup lettuce • 1 slice of meat • 1 shredded cheese • ½ T mayo & mustard <p><u>¼ cup carrots</u> <u>¼ cup celery</u> <u>1 T ranch</u> <u>1 cup juice</u></p>	<p><u>Grilled Cheese</u> [assembled in house]</p> <ul style="list-style-type: none"> • 1 slice of bread • ½ cheese slice • ½ T tomato sauce <p><u>¼ cup cucumbers</u> <u>¼ cup bell peppers</u> <u>1 T hummus</u> <u>3 apple slices</u> <u>1 cup juice</u></p>
2nd SNACK	<p><u>Ritz Crackers & Cream</u> <u>Cheese</u></p> <ul style="list-style-type: none"> • ¼ cup Ritz crackers • 1 T cream cheese <p><u>1 cup juice</u> <u>Leftovers</u></p>	<p><u>Graham Crackers &</u> <u>Apple Sauce</u></p> <ul style="list-style-type: none"> • 1 Graham cracker sheet • ½ cup applesauce <p><u>1 cup juice</u> <u>Leftovers</u></p>	<p><u>Rice Crackers w/</u> <u>Veggies & Ranch</u></p> <ul style="list-style-type: none"> • ¼ cup rice crackers • ¼ cup mixed veggies • 1 T ranch <p><u>1 cup juice</u> <u>Leftovers</u></p>	<p><u>Animal Crackers &</u> <u>Apple Sauce</u></p> <ul style="list-style-type: none"> • ¼ cup animal crackers • ½ cup applesauce <p><u>1 cup juice</u> <u>Leftovers</u></p>	<p><u>Cheddar Buddies w/</u> <u>Veggies & Ranch</u></p> <ul style="list-style-type: none"> • ¼ cup cheddar buddies • ¼ cup mixed veggies • 1 T ranch <p><u>1 cup juice</u> <u>Leftovers</u></p>



The menu is subject to change.