

LASER at Laurelhurst Snack Menu

Week 1



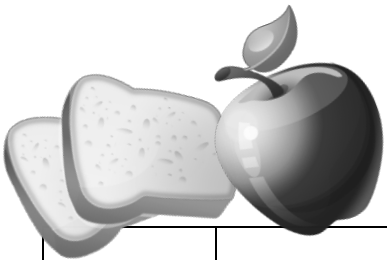
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st SNACK	<p><u>Rice w/ Veggies</u> [cooked in house]</p> <ul style="list-style-type: none"> • 1 cup rice • ½ T soy sauce <p>½ cup pears 2 cheese squares 1 cup juice</p>	<p><u>Pita Bread & Hummus</u> [assembled in house]</p> <ul style="list-style-type: none"> • 4 pita slices • 1 T hummus <p>2 orange slices 1 cup juice</p>	<p><u>Cold English Muffin</u> <u>Pizza</u> [assembled in house]</p> <ul style="list-style-type: none"> • ½ English muffin • 1 T tomato sauce • ¼ cup shredded cheese • 1 slice pepperoni <p>¼ cup snap peas 1 T ranch 1 cup juice</p>	<p><u>Sandwich</u> [assembled in house]</p> <ul style="list-style-type: none"> • 1 slice of bread • 1 slice of meat • 1 T mayonnaise • 1 T mustard <p>3 apple slices 1 cheese stick 1 cup juice</p>	<p><u>Quesadillas</u> [assembled in house]</p> <ul style="list-style-type: none"> • 1 tortilla wrap • 2 cheese squares • 1 T salsa • 1 T guacamole <p>¼ cup carrots 1 T ranch 1 cup juice</p>
2nd SNACK	<p><u>Wheat Thins</u> ¼ cup wheat thins</p> <p><u>Leftovers</u></p>	<p><u>Ritz Crackers</u> ¼ cup Ritz crackers</p> <p><u>Leftovers</u></p>	<p><u>Graham Crackers</u> 1 graham cracker</p> <p><u>Leftovers</u></p>	<p><u>Pretzels</u> ¼ cup pretzels</p> <p><u>Leftovers</u></p>	<p><u>Cheese Its</u> ¼ cup Cheese Its</p> <p><u>Leftovers</u></p>



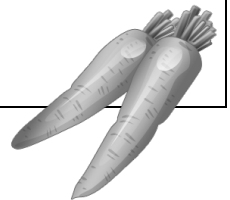
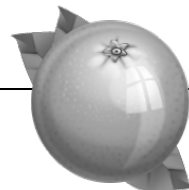
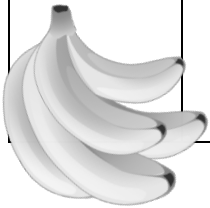
The menu is subject to change.

LASER at Laurelhurst Snack Menu

Week 2



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st SNACK	<p><u>Cold English Muffin</u> <u>Pizza</u> [assembled in house]</p> <ul style="list-style-type: none"> • ½ English muffin • 1 T tomato sauce • ¼ cup shredded cheese • 1 slice pepperoni <p>¼ cup cucumbers 1 T Ranch 1 cup juice</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 Ranch dressing <p>½ cup pears 2 cheese squares 1 cup juice</p>	<p><u>Sun Butter and Jelly</u> <u>Sandwich</u> (cut in quarters) [assembled in house]</p> <ul style="list-style-type: none"> • 2 slices of bread • 1 T sun butter • 1 T jelly <p>2 orange slices 1 cup juice</p>	<p><u>Wrap</u> [assembled in house]</p> <ul style="list-style-type: none"> • ½ tortilla wrap • 1 slice of meat • 1 shredded cheese • ½ T mayo & mustard <p>½ cup bell peppers 1 T ranch 1 cup juice</p>	<p><u>Grilled Cheese</u> (cut in quarters) [assembled in house]</p> <ul style="list-style-type: none"> • 1 slice of bread • ½ cheese slice • ½ T tomato sauce <p>3 apple slices 1 cup juice</p>
2nd SNACK	<p><u>Ritz Crackers</u> ¼ cup Ritz crackers</p> <p><u>Leftovers</u></p>	<p><u>Graham Crackers</u> 1 graham cracker</p> <p><u>Leftovers</u></p>	<p><u>Rice Crackers</u> ¼ cup rice crackers</p> <p><u>Leftovers</u></p>	<p><u>Cheese Its</u> ¼ cup cheese its</p> <p><u>Leftovers</u></p>	<p><u>Wheat Thins</u> ¼ wheat thins</p> <p><u>Leftovers</u></p>



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