



Sample of our lunch menu:

We make healthy, kid-friendly meals using our delicious and nutritious Persian and world recipes.

Most meals and snacks are homemade with only the best ingredient. They are not only appealing for kids to eat but also pack in vitamins, minerals, and other nutrients they need.

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Adas Polo w/chicken tender cucumber-yogurt sauce	Lunch Mini turkey meatballs w/ smashed red potatoes	Lunch Grain Pasta w/ tomato Sauce cucumbers Steam zucchini	Lunch Chicken stew w/ brown Rice& steam broccoli	Lunch Chess pizza celery & guacamole
Snack Apple Slice w/Sunflower Butter	Snack Multigrain Pita Chips & guacamole	Snack Chopped apples with bit of cinnamon & brown suga	Snack Oatmeal cookie & Feta cheese	Snack Melon and Berry Salad