



Daystar Academy Organic Lunch
 25 RMB per day for Kindergarten and 30 RMB 1st thru 6th grade
 Menu subject to change based on availability of seasonal vegetables
 Fruit served occasionally as seasonally available

Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9
Seared tofu with sesame-soy dipping sauce (p) Broccoli (p,v) Rice with seaweed sprinkle (c) Cherry tomatoes (v) Pears	Yummy meatballs with soy lime dipping sauce (p) Roasted carrots (v) Brown and white rice (c) Celery salad (v) Oranges	Pork cutlet (p,c) Potato strips with vinegar (c) Stir-fried carrot and cucumber with garlic (v) Cabbage salad (v) Tangerines	Penne with Romanesco broccoli and fresh cherry tomatoes (c,v) Mixed greens with lemon vinaigrette (v) Crudite' Pears	Beef and bean chili (p,v,c) Stir-fried cauliflower & broccoli (v) Pickled radishes (v) Cornbread (c) Apples
Miso soup with tofu wakame (p,v)	Corn zhou (c)	Egg and seaweed soup (v,m)	White bean and rosemary soup (v,c)	Soy milk (p)
Alternate Menu				
Stir fried mushroom mapo doufu (p,v) Stir-fry greens with ginger (v) Cherry tomato (v) Mixed brown and white rice(c) Pears	No alternate	Stewed pork with mushrooms (p) Potato strips with vinegar (c) Stir-fried carrot and cucumber with garlic (v) Millet rice (c) Cabbage salad (v) Tangerines	Egg Fried Rice (p,v) Snow peas and radish (v) Oven roasted sweet potatoes (c,v) Tomato cucumber salad (v) Pears	Stewed Beef with radishes and carrots Millet rice (c) Stir-fried cauliflower & broccoli (v) Apples
Miso soup with tofu wakame (p,v)		Egg and seaweed soup (v,m)	White bean and rosemary soup (v,c)	Soy milk (p)

P = Main dish providing protein. Choose 1.

V = Vegetable. Choose 2.

C = Carbohydrate. Choose 1.

Every student is encouraged to eat the fruit and soup or zhou offered each day which provides additional protein and nutrients to their meal.

KINDERGARTEN SNACK

Popcorn Fresh fruit	Mixed nuts with raisins Fresh fruit	Banana bread	Granola with yogurt	Biscotti
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