

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Chex Cereal Bananas Organic Milk	Warm Oatmeal Apples Organic Milk	Homemade Apple Cinnamon Muffins Peaches Organic Milk	Whole Wheat Waffle Turkey Sausage Patty Pears Organic Milk	Cornflakes Bananas Organic Milk
LUNCH	Penne Pasta with Turkey Meatballs Steamed Green Beans Pears Organic Milk Sub: Veggie Meatballs	Chicken and Dumpling Casserole Steamed Cauliflower Oranges Organic Milk Sub: Veggie Chicken and Dumpling Casserole	Cheese Raviolis with Marinara Sauce Steamed Carrots Pears Organic Milk	Lemon Herb Chicken Mashed Potatoes Steamed Peas Oranges Organic Milk Sub: Veggie Lemon Herb Chicken	Whole Wheat Veggie and Chicken Quesadillas Steamed Mixed Veggies Fruit Salad Organic Milk Sub: Veggie Quesadilla
AFTERNOON SNACK	String Cheese Fruit Salad Water	Pretzel Bites Pears Water	Fresh Fruit Salsa Homemade Tortilla Chips Water Sub: Crackers and Fruit for infants	Cheese Quesadilla Cucumber Slices Water	Oatmeal Squares Apples Water Sub: Crackers for Infants
EVENING SNACK	Whole Grain Cheddar Crackers	Trail Mix	Wheat Crackers	Whole Grain Mixed Berry Crackers	Nutigrain Bar

- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Organic whole milk served to infants and toddlers
- ▶ Organic 1% milk served to young preschool, preschool, and kindergarten prep
- ▶ All meals served family style and are included in the tuition

Vegetarian
Option