

## What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>Rice Krispies</li> <li>Fresh Apples</li> <li>Organic Milk</li> <li>I/T: Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Waffle</li> <li>Turkey Bacon</li> <li>Bananas</li> <li>Organic Milk</li> <li>GF: GF Waffle</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt Granola Cups</li> <li>Fresh Pineapple</li> <li>Organic Milk</li> <li>AL: Egg Frittata/Rice Chex</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Quesadilla with Egg and Ham</li> <li>Fresh Cantaloupe</li> <li>Organic Milk</li> <li>AL: Corn Chex</li> </ul>	<ul style="list-style-type: none"> <li>Apple Muffin</li> <li>Fresh Oranges</li> <li>Organic Milk</li> <li>I/T: Mandarin Oranges</li> <li>GF: GF Waffle</li> </ul>
MORNING SNACK	<ul style="list-style-type: none"> <li>Fresh Broccoli</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Pears</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Pineapple</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Baked Parmesan Zucchini and Carrot Chips</li> <li>Water</li> <li>AL: Baked Zucchini and Carrot Chips</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>Rigatoni Chicken Pasta Salad with Mixed Vegetables</li> <li>Steamed Carrots</li> <li>Fresh Cantaloupe</li> <li>Organic Milk</li> <li>V: Bean Pasta Salad</li> <li>GF: Rice Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Egg Salad on Whole Wheat Bread</li> <li>Steamed Green Beans</li> <li>Fresh Pineapple</li> <li>Organic Milk</li> <li>GF: Corn Tortilla</li> <li>AL: Turkey and Corn Tortilla</li> </ul>	<ul style="list-style-type: none"> <li>Turkey and Stuffing</li> <li>Steamed Broccoli</li> <li>Fresh Apples</li> <li>Organic Milk</li> <li>V: Vegetarian Tofu Loaf</li> <li>GF: No Stuffing</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Broccoli Alfredo with Whole Wheat Penne Pasta</li> <li>Steamed Cauliflower</li> <li>Bananas</li> <li>Organic Milk</li> <li>V: Tofu Broccoli Pasta</li> <li>GF: Rice Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Hamburgers on Whole Wheat Bun</li> <li>Steamed Mixed Vegetables</li> <li>Fresh Pears</li> <li>Organic Milk</li> <li>V: Veggie Burger</li> <li>GF: No Bun</li> </ul>
AFTERNOON SNACK	<ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>String Cheese</li> <li>Water</li> <li>GF/AL: Fresh Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Cucumber Slices</li> <li>Pita Chips</li> <li>Water</li> <li>GF/AL: GF Pita Chips</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Watermelon</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Organic Milk</li> </ul>

- Vegetarian Alternative
- Gluten Free/Allergy Alternative

- ▶ 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

