



Week 6 Menu



BREAKFAST					
	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit	Fresh Berry Puree	Fresh Berry Mix	Bananas	Fresh Mango	Fresh Blueberries
Starch/ Grain	Whole Wheat French Toast	Breakfast Quesadilla Egg, Cheese and Turkey Patty (on side)	Oatmeal	Spinach and Cheese Omelet Cups with whole wheat toast	Cheerios
LUNCH					
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Pasta Fagiole with Beans and Veggies	Grilled Chicken Parmesan with a Whole Wheat Roll	Ground Turkey and Veggie Mini Meatloaf	Grilled Chicken Summer Salad (Romaine, Shredded Carrots, Strawberries, Shredded Cheese, Cucumbers)	Grilled Salmon
		Broccoli	Cauliflower	Whole Wheat Roll	Brussel Sprouts
Vegetarian Option	Same as Above	Grilled Zucchini Parmesan	Grilled Tofu	Summer Salad	Black Bean Burger
Fruit	Fresh Apples	Fresh Pears	Fresh Cantaloupe	Fresh Peaches	Oranges
SNACK					
	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	Whole Wheat Crackers Mozzarella Cheese	Spinach Hummus with Pita	Greek Yogurt with Granola	Applebutter on Whole Wheat	Spinach, Honeydew and Banana Smoothies
Item 2	Cantaloupe	Fresh Plumbs	Fresh Apples	Pineapple	Chex
5:30 Dry Snack Served to Infants and Toddlers					
5:30 Hand fruit Basket available in lobby for EP and Older					
*Eggs are cage free					
*Produce is fresh and locally sourced					
*Organic Milk Served with breakfast and lunch (Whole milk served to Toddlers and 1% milk served to children 2 years and older)					