

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	All Bran Apples Organic Milk	Homemade Apple Cinnamon Muffins Bananas Organic Milk	Apple Breakfast Casserole Peaches Organic Milk	Mini Cheese Omelets Pears Organic Milk	Cheerios Bananas Organic Milk
LUNCH	BBQ Turkey Meatloaf Mashed Potatoes Steamed Green Beans Pears Organic Milk Sub: Veggie BBQ Meatloaf	Tacos on Whole Wheat Tortillas Salsa and Cheddar Cheese Steamed Carrots Oranges Organic Milk Sub: Veggie Tacos	Baked Spaghetti Casserole Steamed Cauliflower Pears Organic Milk	Teriyaki Chicken with Fresh Veggies Steamed Brown Rice Oranges Organic Milk Sub: Veggie Teriyaki Chicken	Turkey and Cheese Rollups Sweet Potato Fries Fruit Salad Organic Milk
AFTERNOON SNACK	French Toast Sticks Cucumber Slices Water	Pita Bread Sun Butter Apples Water	Banana Snack Cake Oranges Water	Wheat Crackers String Cheese Apples Water	Homemade Pear Loaf Pears Water
EVENING SNACK	Whole Grain Cheddar Crackers	Trail Mix	Wheat Crackers	Blueberry Lemon Bites	Nutrigrain 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