

# What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cheerios Bananas Organic Milk	Homemade Apple Cinnamon Muffins Pears Organic Milk	Mini Pancake Muffins Peaches Organic Milk	Blueberry Muffin Casserole Bananas Organic Milk	Chex Cereal Apples Organic Milk
LUNCH	Sweet and Sour Turkey Meatballs Fried Rice Pears Organic Milk Sub: Veggie Sweet and Sour Meatballs	Cheeseburger Pie Steamed Cauliflower Oranges Organic Milk Sub: Veggie Cheeseburger	Spaghetti with Bolognese Sauce Steamed Carrots Pears Organic Milk Sub: Veggie Bolognese Sauce	Chicken Parmesan Mashed Potatoes Steamed Green Beans Oranges Organic Milk Sub: Veggie Chicken Parmesan	Turkey and Cheese Melts Sweet Potato Fries Pears Organic Milk
AFTERNOON SNACK	French Toast Sticks Cucumber Slices Water	Pita Bread Sun Butter Apples Water	Oatmeal Jam Bars Oranges Water	String Cheese Fruit Salad Water	Homemade Pumpkin Apple Bread Bananas Water
EVENING SNACK	Wheat Crackers	Whole Grain Vanilla Wafers	Pretzel Twist	Whole Grain Cheddar Crackers	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**