

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> ▪ Corn Chex Cereal ▪ Organic Blueberries ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Whole Grain French Toast ▪ Organic Oranges ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Scramble Eggs ▪ Whole Wheat English Muffins ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Breakfast Oatmeal Muffins ▪ Organic Raspberries ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Whole Grain Waffles ▪ Fruit Compote ▪ Organic Milk
LUNCH	<ul style="list-style-type: none"> ▪ Mu Shu Tofu & Egg with Cabbage, Shimeji Mushrooms and Eggplant ▪ Whole Wheat Tortillas ▪ Mandarins ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Grilled Chicken & Basil Pesto Pasta with Peas & Carrots ▪ Apples ▪ Organic Milk ▪ Garbanzo Pasta 	<ul style="list-style-type: none"> ▪ Baked Lentils with Kale & Sweet Potatoes ▪ Buttermilk Biscuits ▪ Watermelon ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Pulled Pork & Cheese Enchiladas ▪ Roasted Corn, Peppers & Onions ▪ Organic Bananas ▪ Organic Milk ▪ Cheese Enchiladas 	<ul style="list-style-type: none"> ▪ Baked Beef Penne Pasta ▪ Roasted Organic Carrots ▪ Organic Fruit Salad ▪ Organic Milk ▪ Veggie Sausage
AFTERNOON SNACK	<ul style="list-style-type: none"> ▪ Organic Yogurt ▪ Organic Fruit Salad ▪ Water 	<ul style="list-style-type: none"> ▪ Red Pepper Hummus ▪ Naan Bread ▪ Water 	<ul style="list-style-type: none"> ▪ Baked Zucchini & Carrots Fritters ▪ Tomato Marinara Dip ▪ Water 	<ul style="list-style-type: none"> ▪ Pita Bread ▪ Black Bean Dip ▪ Water 	<ul style="list-style-type: none"> ▪ Organic Zucchini ▪ Tzatziki Dip ▪ Water
EVENING SNACK	<ul style="list-style-type: none"> ▪ Fruit Cereal Bar ▪ Apples ▪ Water 	<ul style="list-style-type: none"> ▪ Cheddar Cheese ▪ Whole Wheat Wafers ▪ Water 	<ul style="list-style-type: none"> ▪ Sweet Potato Crispy Bites ▪ Mandarins ▪ Water 	<ul style="list-style-type: none"> ▪ Organic Blackberries ▪ Cheddar Cheese Rice Cakes ▪ Water 	<ul style="list-style-type: none"> ▪ Graham Crackers ▪ Organic Bananas ▪ Water

■ Vegetarian 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

