



September 17th - 21st, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cinnamon raisin oatmeal	Scrambled eggs Breakfast potatoes Toast	Cheesy grits Sautéed cinnamon apples	Scrambled eggs with veggies Toast	Yogurt parfait with fresh fruit and granola
LUNCH	Tuna cakes with pineapple salsa Wild rice with veggies Broccoli	Chicken* parmesan with house made sauce Spaghetti and fresh spinach	Ground beef* stroganoff with mushrooms and noodles Green beans	Broccoli and cheddar stuffed potatoes Honey glazed carrots Whole wheat pita bread	In celebration of Ms. Summer's birthday: Mediterranean spiced lamb with feta and brown rice Roasted lemon cauliflower
AFTERNOON SNACK	Cocoa oatmeal bites	Cheese and apples	Pita and hummus	Cottage cheese and pineapple	Apples with sunbutter

Milk is served with breakfast and lunch
and water is served with afternoon snack.

Elmwood Stock Farm *
Reed Valley Orchard **

