

# What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Rice Crispies Bananas Organic Milk	Warm Oatmeal Apples Organic Milk	Blueberry Muffin Bananas Organic Milk	Egg Bake Peaches Organic Milk	All Bran Apples Organic Milk
<b>LUNCH</b>	Teriyaki Glazed Meatballs Stir Fried Veggies Steamed Brown Rice Pears Organic Milk Sub: Veggie Meatballs	Tacos on Whole Wheat Tortillas Salsa and Cheddar Cheese Steamed Carrots Oranges Organic Milk Sub: Veggie Tacos	Homemade Mac and Cheese Steamed Green Beans Pears Organic Milk	Chicken and Dumpling Casserole Steamed Cauliflower Oranges Organic Milk Sub: Veggie Turkey Teterzni	Shredded BBQ Chicken Sandwiches Sweet Potato Fries Fruit Salad Organic Milk Sub: Veggie BBQ Chicken Sandwich
<b>AFTERNOON SNACK</b>	No bake Cheerio Sun Butter Bars Apples Water	Pretzel Bites Cucumber Slices Water	Fresh Fruit Salsa Homemade Baked Tortilla Chips Water Sub: Crackers and Fruit for infants	Cheese Cubes Pears Water	Homemade Banana Bread Oranges Water
<b>EVENING SNACK</b>	Whole Grain Cheddar Crackers	Trail Mix	Pita Chips	Pretzel Twist	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**