



February 11th - 15th, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cinnamon raisin oatmeal	Scrambled eggs with veggies Toast	Cheesy grits Sautéed apples	Ham and cheese sliders with fig jam Winter fruit salad	Scrambled eggs Roasted potatoes Toast
LUNCH	In celebration of Ms. Kim's birthday: Beef basil noodle bowl Sesame green beans	Chicken and veggie quesadilla with bacon Steamed carrots	Oven fried cod with lemon tartar sauce Roasted sweet potatoes* Steamed broccoli	Spaghetti with hearty meat sauce and veggies Vegetable medley	Grilled cheese Tomato soup Apple slices
AFTERNOON SNACK	Hummus and pita	Cheese and apples	Sunbutter and cinnamon bread	Cocoa oatmeal bites	Ham and cheese rollups

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

Elmwood Stock Farm *
Reed Valley Orchard **

