



May 21st - 25th, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fruity oatmeal	Scrambled eggs Breakfast potatoes Toast	Cheesy grits Fruit salad	Scrambled eggs with veggies and cheese Toast	Whole grain muffin with fruit Turkey sausage
LUNCH	Ground lamb and feta with rice and veggies Cucumber tomato salad	Pork and mushroom lo mein with veggies Sesame green beans	Salmon cakes Wild rice pilaf Steamed carrots	Basil pesto beef burger with toppings Roasted broccoli and potatoes	Chicken and cheese burrito Spanish rice and beans with corn
AFTERNOON SNACK	Cottage cheese and pineapple	Yogurt parfait with fruit and granola	Apples slices and cheese cubes	Sunbutter and pita with raisins	Carrot sticks and hummus

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

Elmwood Stock Farm *

Reed Valley Orchard **

