

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cornflakes Bananas Organic Milk	English Muffin Homemade Jam Apples Organic Milk	Homemade Banana Peaches Organic Milk	Egg Bake Pears Organic Milk	Rice Crispies Bananas Organic Milk
LUNCH	BBQ Turkey Meatloaf Roasted Sweet Potatoes Steamed Green Beans Pears Organic Milk Sub: Veggie Meatloaf	Chicken and Noodle Casserole Steamed Cauliflower Oranges Organic Milk Sub: Veggie Chicken and Noodle Casserole	Chicken Alfredo with Whole Grain Noodles Steamed Carrots Pears Organic Milk Sub: Veggie Chicken Alfredo	Sweet and Sour Chicken w/ Fresh Veggies Steamed Brown Rice Oranges Organic Milk Sub: Veggie Sweet and Sour Chicken	Homemade Tomato Soup Grilled Cheese Sandwich Steamed Peas Pears Organic Milk
AFTERNOON SNACK	Cheese Cubes Apples Water	Pita Bread Sun Butter Bananas Water	Fresh Fruit Salsa Homemade Tortilla Chips Water Sub: Crackers and Fruit for infants	Cheese Quesadilla Cucumber Slices Water	Oatmeal Jam Bars Cucumber Slices Water
EVENING SNACK	Pretzel Twist	Trail Mix	Whole Grain Mixed Berry Crackers	Whole Grain Cheddar Crackers	Nutigrain 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**