


	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Cold Cereal Fresh Fruit Organic 1% Milk	Whole Wheat English Muffin with Vegetarian Sausage Fresh Fruit Organic 1% Milk	Whole Grain Banana Muffin Fresh Fruit Organic 1% Milk	Multigrain Silver Dollar Pancakes Fresh Fruit Organic 1% Milk	Mini Bagels and Low Fat Cream Cheese Fresh Fruit Organic 1% Milk	Meet Chef Tabitha  Ms. Tabby is Illinois Food Handler Certified. She is also trained in the Partnership for a Healthier America Nutrition and Meal Guidelines.
Lunch	Meatballs with Egg Noodles Garden Salad Fresh Fruit Organic 1% Milk Sub: Black Bean Burger	Chicken Tacos on Whole Grain Tortillas Low Fat Refried Beans Fresh Fruit Organic 1% Milk Sub: Refried Bean Tacos	Whole Grain Cheese Ravioli with Pasta Sauce Steamed Cauliflower Organic 1% Milk	Chicken Alfredo with Whole Wheat Noodles Steamed Peas Fresh Fruit Organic 1% Milk Sub: Tofu Alfredo	Hamburger with Turkey Bacon and Mozzarella Cheese on Whole Wheat Bun Fresh Carrots with Low Fat Ranch Dressing Fresh Fruit Organic 1% Milk Sub: Boca Burger	
Afternoon Snack	Fresh Carrots with Low Fat Ranch Dressing Water	Apple Slices with Soy Nut Butter Water	Low Fat Cottage Cheese with Pineapple Water	Cheese Cubes with Grapes Water	Chef's Choice	

Healthy Meals

- We offer vegetarian meal options.
- Fresh fruits and vegetables are served daily.
- All meals are baked not fried.
- Proteins include Chicken, Turkey, Beef, Tofu, Cheese and Beans.
- Organic 1% Milk Served to Young Preschool, Preschool, Kindergarten Prep, & Kindergarten.
- All meals are included in the price of tuition.
- All meals are Served Family Style.