

# What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	All Bran Apples Organic Milk	Whole Wheat Bagel Cream Cheese Pears Organic Milk	French Toast Casserole Peaches Organic Milk	Blueberry Muffins Bananas Organic Milk	Cheerios Bananas Organic Milk
LUNCH	Turkey and Cheese Sandwiches on Whole Wheat Bread Steamed Green Beans Pears Organic Milk	Tacos on Whole Wheat Tortillas Salsa and Cheddar Cheese Steamed Carrots Oranges Organic Milk  Sub: Veggie Tacos	Cheese Tortellini Bake Steamed Cauliflower Pears Organic Milk	Chicken Stir Fry with Fresh Veggies Steamed Brown Rice Oranges Organic Milk  Sub: Veggie Chicken Stir Fry	Homemade Chicken Noodle Soup Warm Corn Muffin Pears Organic Milk
AFTERNOON SNACK	Wheat Crackers Oranges Water	No Bake Cheerio Sun Butter Bars Bananas Water	Banana Snack Cake Apples Water	French Toast Sticks Cucumber Slices Water	Homemade Zucchini Bread Oranges Water
EVENING SNACK	Nutrigrain Bar	Pretzel Twist	Trail Mix	Whole Grain Cheddar Crackers	Wheat Crackers

- ▶ 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