

# Week of October 28- November 1, 2019



	<b>Breakfast</b> 7:00-7:50 AM (Full time only)	<b>Morning Snack</b> 10:30 AM	<b>Lunch</b> 11:30 AM	<b>Afternoon Snack</b> 2:30 PM
<b>Monday</b>	Oatmeal with raisins and honey Cereal & Fruit Organic milk	Graham crackers Bartlett pears Fruit infused water	Tomato and quinoa soup Mini grilled cheese on sourdough Fresh fruit Organic milk	Steamed Edamame Quinoa Chips Fruit infused water
<b>Tuesday</b>	Scrambled eggs with parmesan Cereal & fruit Organic milk	Blueberry yogurt Little Owl granola Apples Fruit infused water	Tofu & Broccoli stir fry Coconut basmati rice Fresh fruit Organic Milk	Hard-boiled eggs Carrot sticks Fruit infused water
<b>Wednesday</b>	Pancakes & maple syrup Cereal & Fruit Organic milk	Grilled bagels Cream cheese Fruit Fruit infused water	Marinara and mozzarella pizza Spinach salad Fresh fruit Organic Milk	Lemon hummus Veggies Fruit infused water
<b>Thursday</b>	Blueberry yogurt & Little Owl granola Cereal & Fruit Organic milk	Crostini Goat cheese Fruit Fruit infused water	Roasted sweet potato tacos Pinto beans Avocado & cheese Fresh fruit Organic Milk	Blueberry Cornbread muffins Apples Fruit infused water
<b>Friday</b>	Oatmeal with dates and maple syrup Cereal & Fruit Organic Milk	Banana oat cookies Apples Fruit infused water	Baked Steelhead salmon Mashed sweet potatoes Peas Fresh fruit Organic Milk	Coconut smoothie Graham crackers Fruit infused water

\*Our menu is eggless on Monday, Wednesday and Friday in an effort to be more inclusive for those with food allergies.  
All menu items are subject to change.