

Week of September 30- October 4, 2019



	Breakfast 7:00-7:50 AM (Full time only)	Morning Snack 10:30 AM	Lunch 11:30 AM	Afternoon Snack 2:30 PM
Monday	Oatmeal with raisins and honey Cereal & Fruit Organic milk	Graham crackers Bartlett pears Fruit infused water	Coconut milk braised lentils Herbed Couscous Fresh fruit Organic milk	Steamed Edamame Quinoa Chips Fruit infused water
Tuesday	Scrambled eggs with parmesan Cereal & fruit Organic milk	Blueberry yogurt Little Owl granola Apples Fruit infused water	Grilled turkey or tofu patties Roasted potatoes & carrots Fresh fruit Organic Milk	Hard-boiled eggs Carrot sticks Fruit infused water
Wednesday	Grilled bagels & cream cheese Cereal & Fruit Organic milk	Grilled bagels Cream cheese Fruit Fruit infused water	Pasta marinara Parmesan cheese Romaine salad with Vinaigrette Fresh fruit Organic Milk	Lemon hummus Veggies Fruit infused water
Thursday	Blueberry yogurt & Little Owl granola Cereal & Fruit Organic milk	Crostini Goat cheese Fruit Fruit infused water	Spinach quesadillas Slow-simmered beans Avocado & pico de gallo Fresh fruit Organic Milk	Cinnamon yogurt dip Apples Fruit infused water
Friday	Oatmeal with dates and maple syrup Cereal & Fruit Organic Milk	Banana oat cookies Apples Fruit infused water	Sweet potato-coconut soup Quinoa Focaccia bread 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.