



# Week of July 11 - 15, 2022

	Morning Snack	Lunch	Afternoon Snack
Monday	Crostini Goat cheese Fresh fruit Fruit infused water	Tuna or chickpea-avocado sammies Carrot and cucumber sticks Fresh fruit Organic milk	Steamed edamame Pita chips Fruit infused water
Tuesday	Blueberry yogurt Little Owl granola Apples Fruit infused water	Coconut-sweet potato soup with rice Focaccia bread Fresh fruit Organic milk	Hard-boiled eggs Carrot sticks Fruit infused water
Wednesday	Grilled bagels Cream cheese Fresh fruit Fruit infused water	Spanish quinoa casserole Pinto beans Avocado & cheese Fresh fruit Organic milk	Lemon hummus Veggies Fruit infused water
Thursday	Pancakes & maple syrup Fresh fruit Fruit infused water	Coconut fried rice with tofu & veggies Citrus-soy sauce Fresh fruit Organic milk	Cinnamon-honey yogurt dip Apples Fruit infused water
Friday	Banana oat cookies Apples Fruit infused water	Grilled turkey or tofu patties Roasted potatoes & carrots Fresh fruit Organic Milk	Coconut smoothie Graham crackers Fruit infused water