



Week of July 18 - 22, 2022

	Morning Snack	Lunch	Afternoon Snack
Monday	Crostini Goat cheese Fresh fruit Fruit infused water	Baked mac-n-cheese English peas Fresh fruit Organic milk	Steamed edamame Pita chips Fruit infused water
Tuesday	Blueberry yogurt Little Owl granola Apples Fruit infused water	Roasted vegetable chickpea stew Couscous & cucumber yogurt Fresh fruit Organic milk	Hard-boiled eggs Carrot sticks Fruit infused water
Wednesday	Grilled bagels Cream cheese Fresh fruit Fruit infused water	Grilled chicken breast or grilled tofu Roasted golden potatoes Green beans Fresh fruit Organic milk	Lemon hummus Veggies Fruit infused water
Thursday	Pancakes & maple syrup Fresh fruit Fruit infused water	Lentil minestrone soup Little Owl focaccia bread Fresh fruit Organic milk	Cinnamon-honey yogurt dip Apples Fruit infused water
Friday	Banana oat cookies Apples Fruit infused water	Slow simmered pinto beans Roasted sweet potatoes & corn tortillas Avocado & cheese Fresh fruit Organic milk	Coconut smoothie Graham crackers Fruit infused water