



# Week of July 5 - 8, 2022

	Morning Snack	Lunch	Afternoon Snack
Monday	Crostini Goat cheese Fresh fruit Fruit infused water	Coconut milk braised lentils Basmati rice Fresh fruit Organic milk	Steamed edamame Pita chips Fruit infused water
Tuesday	Blueberry yogurt Little Owl granola Apples Fruit infused water	Turkey or tofu wrap carrot cream cheese Quinoa & raisin salad Fresh fruit Organic milk	Hard-boiled eggs Carrot sticks Fruit infused water
Wednesday	Grilled bagels Cream cheese Fresh fruit Fruit infused water	Tomato and quinoa soup Mini grilled cheese on sourdough Fresh fruit Organic milk	Lemon hummus Veggies Fruit infused water
Thursday	Pancakes & maple syrup Fresh fruit Fruit infused water	BBQ chicken or tofu Mashed sweet potatoes Fresh fruit Organic milk	Cinnamon-honey yogurt dip Apples Fruit infused water
Friday	Banana oat cookies Apples Fruit infused water	Marinara and mozzarella pizza Spinach salad Fresh fruit Organic milk	Coconut smoothie Graham crackers Fruit infused water