

		<p>1</p> <p>AM Snack: Chicken salad made with organic greek yogurt and sliced pita bread</p> <p>Lunch: Cheese tortellini with cheesy artichoke sauce, and a citrus lentil salad with fresh bell peppers</p> <p>Vegetarian: Cheese tortellini with cheesy artichoke sauce, and a citrus lentil salad with fresh bell peppers</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and noodle</p> <p>PM Snack: Cottage cheese with diced berries</p>	<p>2</p> <p>M Snack: Organic pumpkin bread</p> <p>Lunch: Roasted diced chicken, tomato seasoned rice, and coleslaw with broccoli</p> <p>Vegetarian: Refried beans, tomato seasoned rice, and coleslaw with broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of pumpkin</p> <p>PM Snack: Fresh fruit salad with organic toasted granola on the side</p>	<p>3</p> <p>No School</p> <p>Teacher Planning Day</p>
<p>6</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Lean ground beef, cilantro rice, and mixed mango tomato black bean salad</p> <p>Vegetarian: Bean stew with mix vegetables and cilantro rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of vegetables</p> <p>PM Snack: Organic Watermelon with whole wheat crackers</p>	<p>7</p> <p>AM Snack: Organic homemade cornbread muffins</p> <p>Lunch: Pulled chicken, quinoa with rice and steamed broccoli</p> <p>Vegetarian: Roasted tofu with quinoa and rice, and steamed broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of potato</p> <p>PM Snack: Organic vanilla yogurt with mixed berries</p>	<p>8</p> <p>AM Snack: Egg salad made with organic greek yogurt and naan bread</p> <p>Lunch: Bowtie pasta with mushroom cream sauce, side of white beans and diced carrots</p> <p>Vegetarian: Bowtie pasta with mushroom cream sauce, side of white beans and diced carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Beef and noodle soup</p> <p>PM Snack: Organic string cheese with pineapple</p>	<p>9</p> <p>AM Snack: Organic overnight oats and strawberry smoothie</p> <p>Lunch: Pulled turkey in a light tomato broth, sweet potato puree, and steamed green beans</p> <p>Vegetarian: Chickpea in tomato broth, sweet potato puree, with steamed green beans</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of cauliflower</p> <p>PM Snack: Fresh whole banana</p>	<p>10</p> <p>AM Snack: Homemade biscuits with fruit jam</p> <p>Lunch: Wild caught fish sticks, with buttered egg noodles, and baked zucchini and yellow squash</p> <p>Vegetarian: Crusted tofu sticks, with buttered egg noodles, and baked zucchini and yellow squash</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of mushroom</p> <p>PM Snack: Fresh cut apples with raspberry cream cheese</p>
<p>13</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Creamy shredded chicken with saffron rice, and sweet peas</p> <p>Vegetarian: white bean and saffron rice with peas and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Mix vegetable soup</p> <p>PM Snack: Fresh cut apples and oranges</p>	<p>14</p> <p>AM Snack: Organic banana bread</p> <p>Lunch: Lean ground beef, cilantro rice, tortilla, sour cream, sauteed bell peppers and onions</p> <p>Vegetarian: Refried beans, cilantro rice, tortilla, sour cream, and bell peppers and onions</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of asparagus</p> <p>PM Snack: Fresh Fruit salad with toasted organic oats on the side</p>	<p>15</p> <p>AM Snack: Chicken salad made with organic greek yogurt and whole grain bread</p> <p>Lunch: Vegetable blend tomato sauce, whole grain pasta, green beans and shredded carrots</p> <p>Vegetarian: Vegetable Blend tomato sauce, whole grain pasta, and green beans with shredded carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of chicken and rice</p> <p>PM Snack: Organic Vanilla yogurt with diced peach</p>	<p>16</p> <p>AM Snack: Sliced fresh apples with whipped honey cream</p> <p>Lunch: Roasted crusted chicken, red beans in rice, and steamed buttered carrots with corn</p> <p>Vegetarian: Roasted diced tofu, red beans in rice, and steamed buttered carrots with corn</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of cauliflower</p> <p>PM Snack: String cheese with organic multigrain crackers</p>	<p>17</p> <p>AM Snack: Overnight organic oats with berries</p> <p>Lunch: BBQ meatballs, roasted diced potatoes, with steamed cauliflower and broccoli</p> <p>Vegetarian: Vegetarian meatball, roasted potatoes, with steamed cauliflower and broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Red bean soup</p> <p>PM Snack: Organic strawberry yogurt with diced strawberry</p>

<p style="text-align: center;">20</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Sweet and sour shredded chicken with diced pineapple and diced peppers, white rice and sweet plantains</p> <p>Vegetarian: Sweet and sour tofu with diced pineapples and peppers, white rice and plantains</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Split pea</p> <p>PM Snack: Organic fresh cut watermelon and organic whole grain crackers</p>	<p style="text-align: center;">21</p> <p>AM Snack: Organic blueberry muffin</p> <p>Lunch: Pulled beef, red beans with mixed vegetables, and white rice</p> <p>Vegetarian: Red bean with diced potatoes, mix vegetables and white rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of potato</p> <p>PM Snack: Organic String cheese with diced pineapple and blueberries</p>	<p style="text-align: center;">22</p> <p>AM Snack: Cheddar cheese egg muffin</p> <p>Lunch: Homemade three cheese macaroni pasta, with white beans and riced cauliflower</p> <p>Vegetarian: Homemade three cheese macaroni pasta, with white beans and riced cauliflower</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and potato soup</p> <p>PM Snack: Organic homemade cornbread muffin</p>	<p style="text-align: center;">23</p> <p>AM Snack: Strawberry yogurt with organic granola</p> <p>Lunch: Lean ground turkey, black bean rice with peppers and steamed corn</p> <p>Vegetarian: Lentil stew, black bean rice, with peppers and steamed corn</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Tomato Bisque</p> <p>PM Snack: Organic Whole banana</p>	<p style="text-align: center;">24</p> <p>AM Snack: Cottage cheese with sliced green apples</p> <p>Lunch: Homemade chicken tenders, tater tots, and steamed buttered green beans</p> <p>Vegetarian: Vegan patty, cheesy mash potatoes, and buttered corn</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of broccoli</p> <p>PM Snack: Toddler snack bundle (dried fruit, cheese, organic granola and oats).</p>
<p style="text-align: center;">27</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Tomato basil meatballs, cauliflower and grain rice, with steamed peas</p> <p>Vegetarian: tomato basil beans, cauliflower and grain rice, with steamed peas</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of black bean</p> <p>PM Snack: Fresh organic bananas with and whole grain crackers</p>	<p style="text-align: center;">28</p> <p>AM Snack: Organic pumpkin muffin</p> <p>Lunch: Chicken bits, rice with pigeon peas, and steamed carrots</p> <p>Vegetarian: pigeon pea stew, white rice, and steamed peas and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: cream of cauliflower</p> <p>PM Snack: String cheese with diced watermelon</p>	<p style="text-align: center;">29</p> <p>AM Snack: Chicken salad made with organic greek yogurt and sliced apples</p> <p>Lunch: Ground turkey with tomato sauce, whole grain pasta, and a tomato and cucumber salad</p> <p>Vegetarian: Ground tofu with tomato sauce, whole grain pasta, and a tomato and cucumber salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of potato</p> <p>PM Snack: Naan bread with cottage cheese</p>	<p style="text-align: center;">30</p> <p>AM Snack: Fresh fruit salad with toasted oats</p> <p>Lunch: Beef with peppers, sweet potato mash, and buttered corn</p> <p>Vegetarian: Tofu with peppers and onions, sweet potato mash, and buttered corn</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of Broccoli</p> <p>PM Snack: Homemade organic vanilla pudding with honey crackers crumbles</p>	