

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM Snack: Organic blueberry muffin Lunch: Baked beef meatballs, herb rice with quinoa, and baked broccoli Vegetarian: Baked vegetable meatball, herb rice with quinoa, and baked broccoli Dessert: Fresh Cut Fruit Soup: White bean soup PM Snack: String cheese with whole grain crackers	2 AM Snack: Chicken salad prepared with organic greek yogurt and pita bread Lunch: Cheese tortellini with a vegetable blend tomato sauce, and steamed buttered peas Vegetarian: cheese tortellini with a vegetable blend tomato sauce, and steamed buttered peas Dessert: Fresh Cut Fruit Soup: Cauliflower Soup PM Snack: Fruit salad and toasted organic oats on the side	3 AM Snack: Fresh apples whipped honey cream Lunch: Ground turkey, Vegetable rice, and a green bean salad Vegetarian: Ground lentils, vegetable rice, and green bean salad Dessert: Fresh Cut Fruit Soup: Mix Vegetable soup PM Snack: Strawberry yogurt with organic granola	4 AM Snack: Homemade biscuit with jam Lunch: Baked chicken tenders, roasted sweet and yukon potatoes, and mix vegetables Vegetarian: Tofu bites, with roasted sweet and yukon potatoes with and vegetables Dessert: Fresh Cut Fruit Soup: Potato soup PM Snack: Toddler snack bundle, cheese, organic granola oats, and pretzels
7 No School - Labor Day	8 AM Snack: Organic milk with organic oat cereal Lunch: Pulled turkey & mixed vegetables with cauliflower and grain rice. Vegetarian: Tofu & vegetables with a cauliflower and grain rice Dessert: Fresh Cut Fruit Soup: Cream of broccoli PM Snack: Fresh whole banana	9 AM Snack: Egg muffin with cheddar cheese Lunch: Whole grain pasta with ground beef in tomato sauce, chickpea and cucumber salad Vegetarian: Whole grain Penne pasta with tomato sauce, chickpea & cucumber salad Dessert: Fresh Cut Fruit Soup: Chicken noodle Soup PM Snack: Fresh cut fruit salad with organic wheat crackers	10 AM Snack: Organic vanilla yogurt with fresh banana Lunch: Shredded beef with mixed peppers and onions, white rice, and black beans Vegetarian: Black beans with onions and peppers, white rice and sweet plantain Dessert: Fresh Cut Fruit Soup: Vegetable medley soup PM Snack: Mini cream cheese and jelly sandwiches on whole grain bread	11 AM Snack: Organic blueberry muffin Lunch: (Wild caught) breaded and baked fish sticks, tater tots, and green beans Vegetarian: Tofu sticks, potato puree, and green beans Dessert: Fresh Cut Fruit Soup: Cream of asparagus PM Snack: Fresh cut melon with raspberry cream cheese
14 AM Snack: Organic oat cereal with organic milk Lunch: Braised chicken in a tomato broth, buttered corn and vegetable rice Vegetarian: Ground lentils, refried beans, and yellow rice with steamed peas and carrots Dessert: Fresh Cut Fruit Soup: mix vegetable PM Snack: Diced watermelon with organic string cheese	15 AM Snack: Organic corn muffin Lunch: Ground turkey, white rice, with a tomato, black bean salsa Vegetarian: Diced tofu, white rice, with a tomato and black bean salsa Dessert: Fresh Cut Fruit Soup: Tomato bisque PM Snack: Fresh cut fruit salad with toasted organic oats	16 AM Snack: Pita bread with egg salad made with organic greek yogurt Lunch: Bowtie pasta with a mushroom cream sauce, side of white beans and diced butternut squash Vegetarian: Bowtie pasta with mushroom cream sauce, side of white beans and butternut squash Dessert: Fresh Cut Fruit Soup: Chicken and potato PM Snack: Organic strawberry yogurt with Organic granola	17 AM Snack: Fresh whole banana Lunch: Baked chicken tossed in orange sauce, white rice and steamed vegetable medley Vegetarian: Breaded and baked tofu in orange sauce, white rice, and vegetable medley Dessert: Fresh Cut Fruit Soup: Split pea soup PM Snack: Organic string cheese with whole grain crackers	18 AM Snack: Organic banana bread Lunch: Beef patties with a side of mixed potato and sweet potatoes, and green bean salad Vegetarian: Black bean patties, with a side of cauliflower and grain rice, and a green bean salad Dessert: Fresh Cut Fruit Soup: Cream of Broccoli PM Snack: Sliced orange with organic vanilla yogurt

21 Teacher Planning Day	22 AM Snack: Organic blueberry muffin Lunch: chicken teriyaki, white rice, and roasted green beans Vegetarian: tofu teriyaki, white rice and roasted green beans Dessert: Fresh Cut Fruit Soup: Carrot ginger soup PM Snack: Cottage cheese with mixed fruit salad on the side	23 AM Snack: Chicken salad prepared with organic greek yogurt and pita bread Lunch: Elbow pasta with cheddar cheese sauce with diced chicken and steamed broccoli and carrots Vegetarian: Elbow pasta with cheddar cheese sauce and steamed broccoli and carrots Dessert: Fresh Cut Fruit Soup: Chicken soup PM Snack: Fresh cut melon with organic string cheese	24 AM Snack: Fresh cut apples with whipped vanilla bean cream Lunch: Ground beef with potatoes, white rice, and steamed corn and diced peppers Vegetarian: White bean and vegetable stew with white rice, corn and diced peppers Dessert: Fresh Cut Fruit Soup: Cream of cauliflower and potato PM Snack: Organic vanilla yogurt with Acai	25 AM Snack: Organic strawberry yogurt with organic granola Lunch: Honey mustard roasted chicken, rice with pigeon peas and sliced tomatoes with cucumbers Vegetarian: Pigeon pea rice, sweet plantain, with a tomato and cucumber salad Dessert: Fresh Cut Fruit Soup: Vegetable soup PM Snack: Toddler snack bundle, cheese, organic granola and oats, and pretzels
28 AM Snack: Organic oat cereal with organic milk Lunch: Ground turkey with a red bean rice, and roasted zucchini, corn and carrots Vegetarian: Ground lentil with a red bean rice, and roasted zucchini, corn and carrots Dessert: Fresh Cut Fruit Soup: split pea soup PM Snack: Fresh diced pineapples with cottage cheese on the side	29 AM Snack: Organic banana bread Lunch: Asian style beef rice, roasted broccoli and cauliflower, Vegetarian: Asian style tofu rice, roasted broccoli and cauliflower Dessert: Fresh Cut Fruit Soup: Lentil soup PM Snack: Strawberry yogurt with diced strawberries	30 AM Snack: Pita bread with egg salad made with organic greek yogurt Lunch: Lentils with white rice, plantains and a mango tomato cucumber salsa Vegetarian: Lentils with white rice, plantains and a mango tomato cucumber salsa Dessert: Fresh Cut Fruit Soup: Chicken and noodle PM Snack: Fresh whole banana with pretzels		