

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM Snack: Organic blueberry Muffin Lunch: Diced braised chicken, rice with potatoes, and a side of steamed peas Vegetarian: Lentil with rice and potatoes, and a side of steamed peas Dessert: Fresh Cut Fruit Soup: Cream of pumpkin PM Snack: Fresh cut Fruit salad with whole grain crackers	2 AM Snack: Homemade biscuit with jam Lunch: Turkey meatballs with a dill cream sauce, roasted mix potato tots, and steamed corn with lima beans Vegetarian: Vegan meatballs with a cream dill sauce, roasted mix potato tots, and steamed corn with lima bean Dessert: Fresh Cut Fruit Soup: Vegetable soup PM Snack: Organic strawberry yogurt with toasted organic oats
5 AM Snack: Organic oat cereal with organic milk Lunch: Ground turkey, pigeon pea rice, and roasted broccoli Vegetarian: beans in vegetable sauce, pigeon pea rice, and roasted broccoli Dessert: Fresh Cut Fruit Soup: Root vegetable soup PM Snack: Sliced fresh orange with organic wheat crackers	6 AM Snack: Organic blueberry Muffin Lunch: Chicken strips, cilantro rice, and a black bean tomato mango salsa Vegetarian: Black beans, cilantro rice, with a black bean tomato mango salsa Dessert: Fresh Cut Fruit Soup: Cream of carrot PM Snack: Cottage cheese with berries	7 AM Snack: Chicken salad made with Organic Greek Yogurt on whole grain bread Lunch: Homemade Three Cheese Mac and Cheese with a side of citrus chickpea salad and fresh peppers Vegetarian: Homemade Three Cheese Mac and Cheese, with a side of citrus chickpea salad and fresh peppers Dessert: Fresh Cut Fruit Soup: Chicken and potato Soup PM Snack: Homemade organic banana pudding with pretzels	8 AM Snack: Organic homemade pumpkin bread Lunch: Shredded beef in sweet and sour sauce, asian rice, and steamed diced zucchini and carrots Vegetarian: Diced tofu in sweet and sour sauce, asian rice, and steamed diced zucchini and carrots Dessert: Fresh Cut Fruit Soup: Cream of broccoli PM Snack: Fresh cut melon and organic string cheese	9 AM Snack: Organic mango yogurt with organic granola Lunch: Whole grain pasta with ground turkey in tomato sauce, side of garden salad Vegetarian: Whole grain pasta with red bean in tomato sauce, side of garden salad Dessert: Fresh Cut Fruit Soup: Vegetable soup PM Snack: Toddler snack bundle (dried fruit, cheese, organic granola and oats).



12 AM Snack: Organic oat cereal with organic milk Lunch: Shredded chicken with yellow rice, and a side of steamed peas and carrots Vegetarian: White beans in yellow rice, side of steamed peas and carrots Dessert: Fresh Cut Fruit Soup: Cream of cauliflower PM Snack: Fresh diced melon and berries	13 AM Snack: Organic banana bread Lunch: Beef fried rice, and vegetable egg roll Vegetarian: roasted tofu fried rice and vegetable egg roll Dessert: Fresh Cut Fruit Soup: Tomato and basil bisque PM Snack: Organic vanilla yogurt with organic granola	14 AM Snack : Organic egg salad made with organic greek yogurt on naan bread Lunch: Mexican black bean bowl with vegetables, cilantro rice, mango tomato salsa, and sour cream Vegetarian: Mexican black bean bowl with vegetables, cilantro rice, mango tomato salsa, and sour cream Dessert: Fresh Cut Fruit Soup: Chicken and potato Soup PM Snack: Mini cream cheese and jelly sandwiches on whole wheat bread	15 AM Snack: Organic strawberry yogurt with graham crust Lunch: Chicken fajita with peppers, rice with corn, and a side of mixed cucumber, carrot, and strawberry salad Vegetarian: tofu fajita with peppers, rice with corn, and side of mixed cucumber, carrot, and strawberry salad Dessert: Fresh Cut Fruit Soup: Cream of yucca PM Snack: Organic string cheese with banana	16 AM Snack: Sliced apple with homemade whipped cream cheese Lunch: Ground beef in tomato sauce, whole grain pasta and a green bean casserole Vegetarian: Ground lentil in tomato sauce, whole grain pasta and green bean casserole Dessert: Fresh Cut Fruit Soup: Cream of vegetable PM Snack: Cottage cheese with peaches
19 No School Teacher Planning Day	20 AM Snack: Organic corn muffin Lunch: Teriyaki Meatballs, white rice with corn and baked broccoli Vegetarian: teriyaki tofu, white rice with corn and baked broccoli Dessert: Fresh Cut Fruit Soup: Butter nut squash soup PM Snack: String cheese with diced melon	21 AM Snack: Organic chicken salad made with greek yogurt on whole wheat crackers Lunch: Ground chicken, whole grain pasta with tomato cream sauce and side of white and green beans Vegetarian: Whole grain pasta with ground beans and tomato cream sauce and side of white and green beans Dessert: Fresh Cut Fruit Soup: Chicken soup with potatoes PM Snack: Organic vanilla bean pudding with chocolate drizzle	22 AM Snack: Blueberry muffin Lunch: Ground turkey, red bean rice, and steamed carrots Vegetarian: Red bean stew, white rice and steamed carrots Dessert: Fresh Cut Fruit Soup: Cream of tomato PM Snack: Sliced fresh orange with whole grain crackers	23 AM Snack: Fresh cut apples with Organic greek yogurt Lunch: Baked chicken tender sliders, baked home fries, and sliced tomatoes and cucumber Vegetarian: Vegetarian patty, baked home fries, and sliced tomatoes and cucumber Dessert: Fresh Cut Fruit Soup: Vegetable soup PM Snack: Fresh sliced apples and honey whipped cream
26 AM Snack: Organic oat cereal with organic milk Lunch: Whole grain bowtie pasta with chicken on cream sauce, side of steamed broccoli Vegetarian: whole grain bowtie pasta with a white bean cream sauce, side of steamed broccoli Dessert: Fresh Cut Fruit Soup: Cream of pumpkin PM Snack: Organic string cheese with banana	27 AM Snack: Organic homemade pumpkin bread Lunch: Ground Turkey, cilantro rice, with black bean and mango salsa Vegetarian: Cilantro rice, ground tofu, and black bean with mango salsa Dessert: Fresh Cut Fruit Soup: Cream of vegetable PM Snack: Strawberry yogurt with toasted oats on the side.	28 AM Snack: Organic whole grain bread with cream cheese Lunch: White beans with diced braised beef, white rice, with corn and carrots Vegetarian: White bean and vegetables, white rice Dessert: Fresh Cut Fruit Soup: Chicken noodle Soup PM Snack: Fresh cut fruit salad with pretzels	29 AM Snack: Organic strawberry yogurt with diced mango Lunch: Baked chicken picatta, buttered pasta and mix vegetables Vegetarian: Tofu, buttered pasta, and mix vegetables Dessert: Fresh Cut Fruit Soup: root vegetable soup PM Snack: Homemade cornbread muffin	30 AM Snack: Homemade croissant with berry whipped cream cheese Lunch: Kobe beef patties, home fries, and garden salad with ranch sauce Vegetarian: Black bean patties, homemade fries, and a garden salad with ranch sauce Dessert: Fresh Cut Fruit Soup: Cream of Broccoli PM Snack: Sliced orange with organic vanilla yogurt