

2019-2020 Fall & Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Breakfast: Assorted organic cereal with fresh sliced organic bananas AM Snack: Annie's graham bunnies and organic raisins Lunch: Homemade chicken and veggie noodle soup ☉ <i>vegetable soup</i> with organic strawberries and grilled cheese sandwiches on wheat bread PM Snack: Barbara's cereal with organic mixed berries (raspberries, blueberries, and blackberries)	Breakfast: Turkey sausage ☉ <i>organic assorted yogurt</i> with fresh biscuits AM Snack: Organic cheerios with steamed organic peas Lunch: All-natural turkey and cheese sandwiches on wheat bread ☉ <i>cheddar cheese sandwiches</i> with fresh sliced bananas and fresh organic carrots PM Snack: Fresh assorted citrus fruit (oranges, tangerines, grapefruit, lemons, and limes) and organic pea snaps	Breakfast: Homemade carrot muffins with organic assorted yogurt AM Snack: Organic rice rollers and fresh sliced cucumber Lunch: All-natural baked ham ☉ <i>bean and cheese burritos</i> with organic tropical fruit (pineapple, strawberry, mango, papaya, and banana) and steamed organic green beans PM Snack: Assorted fresh sliced melon (cantaloupe, watermelon, and honeydew), and organic string cheese	Breakfast: Organic scrambled eggs with wheat toast and organic toppings AM Snack: Cascadian farms cereal with organic mango slices Lunch: All-natural meatballs ☉ <i>meatless meatballs</i> , steamed rice, and steamed organic mixed vegetables PM Snack: Fresh carrots and Annie's cheddar bunnies	Breakfast: Homemade organic pancakes with organic applesauce AM Snack: "Nut free" butter sandwiches and fresh sliced banana Lunch: Organic spaghetti pasta with organic vegetable and ground beef sauce (hidden spinach) ☉ <i>spaghetti with vegetable sauce</i> , organic mixed greens salad and wheat bread PM Snack: Fresh sliced oranges with organic animal crackers
WEEK 2	Breakfast: Assorted organic cereal with fresh sliced organic bananas AM Snack: Homemade trail mix with organic applesauce Lunch: All-natural baked chicken ☉ <i>veggie nuggets</i> with steamed organic peas, steamed organic corn, and brown rice PM Snack: Assorted fresh sliced melon (cantaloupe, watermelon, and honeydew), with organic string cheese	Breakfast: Homemade blueberry muffins with assorted organic yogurt AM Snack: Organic z-bars with fresh sliced apples Lunch: All-natural turkey, cheese, and veggie wraps ☉ <i>veggie and cheese wraps</i> with berry cucumber salad and homemade fruit salad (apples, berries, and melon) PM Snack: Fresh sliced oranges and French bread	Breakfast: Waffles with organic blueberries AM Snack: Veggie straws with fresh broccoli Lunch: All-natural beef and cheese tortillas ☉ <i>bean and cheese burritos</i> with organic mixed veggies and brown rice PM Snack: Fresh assorted citrus fruit (oranges, tangerines, grapefruit, lemons, and limes) with wheat thin crackers	Breakfast: Organic scrambled eggs with bagels and cream cheese AM Snack: Cascadian Farms cereal with assorted fresh sliced vegetables Lunch: All-natural baked porkchops ☉ <i>vegetable soup</i> with organic sliced mango, organic green beans and steamed organic corn PM Snack: Homemade fruit salad (cucumber, berries, honeydew, and mint) with organic animal crackers	Breakfast: Homemade organic egg French toast and organic applesauce AM Snack: All-natural fig bars and organic sliced pineapple Lunch: ☉ <i>Annie's organic mac and cheese pasta</i> with fresh cut strawberries, steamed organic peas, and wheat bread PM Snack: Organic mixed berries (raspberries, blueberries, and blackberries) and Barbara's organic cereal
WEEK 3	Breakfast: Assorted organic cereal with fresh sliced organic bananas AM Snack: Steamed organic carrots and crackers Lunch: All-natural chicken nuggets ☉ <i>veggie nuggets</i> with fresh sliced peaches and steamed organic green beans PM Snack: No-nut butter sandwiches with fresh sliced banana	Breakfast: Bagels and cream cheese with organic applesauce AM Snack: Veggie straws and fresh broccoli Lunch: All-natural sliced ham, cheese, and crackers ☉ <i>cheddar cheese sandwiches</i> with organic mixed berries (strawberries and blueberries) and fresh sliced organic carrots PM Snack: Fresh sliced oranges and assorted rice cakes	Breakfast: Turkey sausage ☉ <i>organic assorted yogurt</i> with fresh biscuits AM Snack: Organic z-bars with fresh sliced apples Lunch: ☉ <i>Vegetable pasta with butter sauce</i> , assorted fresh cut melon (cantaloupe, watermelon, and honeydew), broccoli with cheddar cheese, and wheat bread PM Snack: Fresh sliced apples and organic cheddar puffs	Breakfast: Organic oatmeal with organic toppings and frozen yogurt cups AM Snack: Organic rice rollers and fresh sliced cucumber Lunch: ☉ <i>All-natural cheese quesadillas</i> with steamed organic carrots, organic black beans, and homemade Spanish rice PM Snack: Organic tropical fruit (pineapple, strawberry, mango, papaya, and banana) and French bread	Breakfast: Homemade smoothies with organic assorted yogurt AM Snack: Nutri Grain bars with organic strawberries Lunch: All-natural chicken alfredo pasta ☉ <i>alfredo pasta</i> , organic blueberries, steamed organic broccoli, and wheat bread PM Snack: Homemade fruit salad (apples, berries, and melon) and wheat thin crackers
WEEK 4	Breakfast: Assorted organic cereal with fresh sliced organic bananas AM Snack: All-natural fig bars with organic sliced pineapple Lunch: All-natural chicken and cheese quesadillas ☉ <i>cheese quesadilla</i> with organic mango, organic black beans, and steamed rice PM Snack: Fresh sliced oranges and organic pea snaps	Breakfast: Organic scrambled eggs with wheat toast and organic toppings AM Snack: Homemade trail mix and organic applesauce Lunch: ☉ <i>Homemade wheat pizza bagels with hidden vegetable sauce and cheese</i> , organic sliced pineapple, and organic mixed greens salads PM Snack: Homemade fruit salad (apples, berries, and melon) and organic cheddar puffs	Breakfast: Homemade organic egg French toast and organic applesauce AM Snack: Organic cheerios with steamed organic peas Lunch: All-natural Wild Alaskan fish sticks ☉ <i>fishless fish sticks</i> with organic pineapple and steamed organic green beans PM Snack: Organic tropical fruit (pineapple, strawberry, mango, papaya, and banana) and assorted rice cakes	Breakfast: Waffles with organic blueberries AM Snack: Annie's cheddar squares with organic strawberries Lunch: ☉ <i>Organic tomato and basil soup</i> , grilled cheese sandwiches on wheat bread, and organic mixed greens salad PM Snack: Fresh sliced peaches with organic string cheese	Breakfast: Homemade blueberry muffins with organic assorted yogurt AM Snack: Organic graham crackers and organic raisins Lunch: ☉ <i>Organic mixed vegetable pasta</i> , cheddar cheese cubes, homemade fruit salad (cucumber, berries, honeydew, and mint), and wheat bread PM Snack: Chocolate no-nut butter and bagels

Notes

- Breakfast and Lunch are served with organic milk. Children 1-2 years of age are served whole organic milk and children 3-6 years of age are served 2% organic milk. All meals are served with water.
- A late snack is served every day between 4:30 PM and 5:30 PM. The late snack consists of assorted seasonal fresh fruit or vegetables chosen by the student each day.
- Organic ketchup, organic ranch dip, organic salad dressing, organic yogurt dip, and maple syrup are served with some meals.
- Upon written request, a cheddar cheese or sunbutter sandwich may replace the main dish during Lunch.
- While we try our very best to source organic, fresh, and natural food items, we may need to substitute with other items if the original item is out of stock.
- ☉ Students who are signed up for our vegetarian meal plan will receive meatless meals.