



2020 Fall Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Breakfast: Fresh ham and cheese croissant rolls with fresh bananas AM Snack: Annie's organic cheddar bunnies and fresh organic broccoli 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 organic cereal with organic mixed berries	Breakfast: Turkey sausage with fresh biscuits and fresh melon AM Snack: Organic cheerios with organic steamed peas Lunch: All-natural turkey wraps ☺ <i>cheese wraps</i> with fresh sliced melon, veggie straws, and organic green beans PM Snack: Organic Z-Bars and fresh sliced apples	Breakfast: Organic yogurt smoothies with waffles and fresh sliced bananas AM Snack: Organic rice rollers and organic sliced cucumber Lunch: All-natural grilled chicken strips ☺ <i>bean and cheese burritos</i> with organic tropical fruit salad, steamed organic green beans, and wheat bread PM Snack: Fresh oranges and organic pea snaps	Breakfast: Assorted organic cereal with fresh sliced strawberries and organic yogurt AM Snack: Veggie straws with organic mango slices Lunch: All-natural meatballs ☺ <i>meatless meatballs</i> , steamed rice, and steamed organic carrots PM Snack: Organic broccoli and all-natural fig bars	Breakfast: Bagels with organic cream cheese and organic applesauce AM Snack: Annie's organic bunny crackers and organic raisins Lunch: Organic spaghetti pasta with organic vegetable and ground beef sauce ☺ <i>spaghetti with vegetable sauce</i> , organic mixed greens salad, and fresh rolls PM Snack: Assorted fresh sliced melon and organic string cheese
WEEK 2	Breakfast: Assorted fresh muffins with organic bananas and fresh blueberries AM Snack: Organic sliced carrots and organic animal crackers Lunch: All-natural chicken bites ☺ <i>veggie nuggets</i> with steamed organic peas, organic pineapple, and steamed brown rice PM Snack: French bread with fresh oranges	Breakfast: Turkey sausage with fresh biscuits and fresh melon AM Snack: Assorted rice cakes and organic peas Lunch: All-natural turkey and cheese sandwiches on wheat bread ☺ <i>cheddar cheese sandwiches</i> with fresh oranges, kosher dill pickles, and organic sweet potato crackers PM Snack: Organic cheddar puffs and fresh sliced apples	Breakfast: Organic yogurt smoothies with waffles and fresh sliced bananas AM Snack: Wheat thin crackers and organic sliced cucumber Lunch: All-natural beef and cheese burritos ☺ <i>bean and cheese burritos</i> , steamed rice with veggies, and organic tropical mixed fruit PM Snack: Nutri Grain bars with organic mixed berries	Breakfast: Assorted organic cereal with fresh sliced strawberries and organic yogurt AM Snack: Cascadian Farm organic cereal with organic blueberries Lunch: Organic hard-boiled eggs, hot ham and cheese mini waffle sandwiches ☺ <i>cheese waffles</i> , fresh tomatoes, and organic yogurt PM Snack: Organic cheese and crackers with organic applesauce	Breakfast: Homemade organic pancakes with organic applesauce AM Snack: Annie's organic cereal with fresh sliced oranges Lunch: ☺ <i>Annie's organic mac and cheese pasta</i> with organic strawberries and fresh organic broccoli PM Snack: Nature Valley oats & honey granola bars and organic pineapple
WEEK 3	Breakfast: Fresh ham and cheese croissant rolls with fresh bananas AM Snack: Organic fresh carrots and organic animal crackers Lunch: All-natural chicken alfredo pasta ☺ <i>alfredo pasta</i> , organic blueberries, steamed organic broccoli, and wheat bread PM Snack: Barbara's organic cereal with organic mixed berries	Breakfast: Turkey sausage with fresh biscuits and fresh melon AM Snack: Organic cheerios with organic steamed peas Lunch: All-natural sliced ham, cheese, and crackers ☺ <i>cheddar cheese sandwiches</i> with organic raisins and fresh sliced tomatoes PM Snack: Fresh oranges and organic pea snaps	Breakfast: Organic yogurt smoothies with waffles and fresh sliced bananas AM Snack: Organic rice rollers and organic mango slices Lunch: ☺ <i>Vegetable pasta with butter sauce</i> , assorted fresh cut melon, steamed organic broccoli with cheddar cheese sauce, and wheat bread PM Snack: Organic Z-Bars and fresh sliced apples	Breakfast: Assorted organic cereal with fresh sliced strawberries and organic yogurt AM Snack: Veggie straws with organic sliced cucumber Lunch: ☺ <i>All-natural cheese quesadillas</i> with organic mango, brown rice, and organic steamed mixed veggies PM Snack: Fresh sliced rainbow vegetables and all-natural fig bars	Breakfast: Homemade organic pancakes with organic applesauce AM Snack: Annie's organic cereal with organic mixed berries Lunch: All-natural meatballs ☺ <i>meatless meatballs</i> , Annie's pasta soup, cheddar cheese cubes, fresh rolls, and green beans PM Snack: Organic cheese with crackers and organic pineapple
WEEK 4	Breakfast: Assorted fresh muffins with organic banana and fresh blueberries AM Snack: Annie's organic cheddar bunnies and fresh organic broccoli Lunch: All-natural chicken and cheese quesadillas ☺ <i>cheese quesadillas</i> with organic mango and steamed rice PM Snack: French bread with fresh oranges	Breakfast: Turkey sausage with fresh biscuits and fresh melon AM Snack: Assorted rice cakes and organic peas Lunch: ☺ <i>Homemade wheat pizza bagels with hidden vegetable sauce and cheese</i> , organic sliced pineapple, and steamed organic sweet carrots PM Snack: Organic cheddar puffs and fresh sliced apples	Breakfast: Organic yogurt smoothies with waffles and fresh sliced bananas AM Snack: Wheat thin crackers and organic sliced cucumber Lunch: All-natural Wild Alaskan fish sticks ☺ <i>fishless fish sticks</i> with organic tropical fruit, steamed organic green beans, and fresh rolls PM Snack: Nutri Grain bars with organic strawberries	Breakfast: Assorted organic cereal with fresh sliced strawberries and organic yogurt AM Snack: Cascadian Farm organic cereal with organic blueberries Lunch: ☺ <i>Organic tomato and basil soup</i> , grilled cheese sandwiches on wheat bread, and organic mixed berries PM Snack: Nature Valley oats & honey granola bars with organic applesauce	Breakfast: Bagels with organic cream cheese and organic applesauce AM Snack: Annie's organic bunny crackers and organic raisins Lunch: All-natural chicken nuggets ☺ <i>veggie nuggets</i> with organic tropical fruit and organic sliced vegetables PM Snack: Assorted fresh sliced melon and organic string cheese

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.