

# September 2014

**All items are subject to change depending on availability of materials, freshness and classroom preference.**

<p><b>Infants are served Whole milk, All others are served 1% We serve fruit on breakfast, lunch and snack.</b></p>	<p><b>Mon 1</b> Oatmeal, f/m</p> <p>Scrambled eggs with baby spinach and tomatoes, bow tie pasta with peas, corn, parm cheese, steamed carrots, f/m Fruit/crackers</p>	<p><b>Tues 2</b> Cereal, f/m</p> <p>Kidney beans w/ sweet potatoes, celery &amp; carrots, Brown rice W/ peas &amp; corn, steamed broccoli &amp; cauliflower, f/m Yogurt/crackers</p>	<p><b>wed 3</b> Oatmeal, f/m</p> <p>Chick pea, potatoes, carrots and celery soup, quinoa with tomatoes &amp; cucumber, f/m Juice &amp; crackers</p>	<p><b>thurs 4</b> Pancakes, f/m</p> <p>Veggie nuggets, creamy lentil &amp; vegetable soup, whole wheat bagels, f/m</p> <p>Cereal/ milk</p>	<p><b>fri 5</b> Oatmeal, f/m</p> <p>Cheese quesadillas, vegetable soup w/split yellow peas</p> <p>Apple juice, town house crackers</p>	<p><b>The vegetable soup includes : onions, garlic, potatos, carrots, celery, zuchinni, yellow squash, broccoli and cauliflower.</b></p>
<p><b>We serve organic: Oatmeal, all legumes (beans, lentils etc.) brown rice and quinoa.</b></p>	<p><b>8</b> Oatmeal, f/m</p> <p>Black beans with Sweet potatoes, carrots &amp; potatoes, Jasmine rice with peppers, mushrooms, steamed corn Yogurt &amp; crackers</p>	<p><b>9</b> Pancakes, f/m</p> <p>Creamy green split pea soup w/ potatoes, celery, sweet peppers, fresh steamed sweet corn, whole wheat bread, f/m Fruit/sunflower butter, crackers</p>	<p><b>10</b> Oatmeal, f/m</p> <p>Bow tie on a fresh tomato &amp; veggies sauce, parm, mashed potatoes and chick peas, peas and corn, f/m Apple juice/ crackers</p>	<p><b>11</b> Cereal, f/m</p> <p>Boiled eggs, Brown rice w/ peas &amp; corn carrots, peppers ( sweet), Steamed broccoli &amp; cauliflower, f/m Banana bread/ juice</p>	<p><b>12</b> Oatmeal, f/m</p> <p>Cheese quesadillas, vegetable soup with French lentils, f/m</p> <p>Goldfish, juice</p>	<p><b>All salads and steamed veggies are served with olive oil and balsamic vinegar, on the side. No creamy or pre made dressings.</b></p>
<p><b>We serve whole wheat breads and pastas, rolls and elbow pasta excluded. All dishes are made on site.</b></p>	<p><b>15</b> Oatmeal, f/m</p> <p>Chick peas and veggies, Long grain and wild rice, steamed broccoli and cauliflower. Yogurt, crackers, fruit</p>	<p><b>16</b> Cereal, f/m</p> <p>Scrambled eggs, brown rice w/ veggies, fresh sweet corn steamed, f/m Fruit &amp; sunflower butter</p>	<p><b>17</b> Oatmeal, f/m</p> <p>Veggie nuggets, broccoli cheddar soup, steamed broccoli &amp; cauliflower, crackers, f/m Juice &amp; crackers</p>	<p><b>18</b> Pancakes, f/m</p> <p>Pinto beans w/ potatoes, celery, yellow squash, jasmine rice w/ sweet peppers, corn &amp; peas, steamed broccoli &amp; cauliflower, f/m Cereal &amp; milk</p>	<p><b>19</b> Oatmeal, f/m</p> <p>Cheese quesadillas, Vegetable soup w/ yellow split peas, f/m</p> <p>Fruit and crackers</p>	<p><b>Pancakes are buckwheat and buttermilk</b></p>
	<p><b>22</b> Cereal, f/m</p> <p>Red lentils with potatos, celery, basmati rice, mushrooms, peas and corn, steamed veggies Fruit smoothie, crackers</p>	<p><b>23</b> Oatmeal ,f/m</p> <p>Chick peas and sweet potato mashed, brown rice w/ veggies, peas and corn, f/m sunflower butter, crackers</p>	<p><b>24</b> Pancakes, f/m</p> <p>Veggie burger on bun w/ cheddar, vegetable soup, f/m</p> <p>Yogurt &amp; crackers</p>	<p><b>25</b> Oatmeal ,f/m</p> <p>Black beans with Sweet potatoes, carrots &amp; potatoes, Jasmine rice with peppers, mushrooms, steamed corn Yogurt &amp; crackers</p>	<p><b>26</b> Bagels, f/m</p> <p>Cheese quesadilla, vegetable soup with pinto beans, f/m</p> <p>Goldfish &amp; juice</p>	
	<p><b>29</b> Oatmeal, f/m</p> <p>Scrambled eggs, jasmine rice w/ carrots, peas, corn, tomatoes, fresh sweet corn steamed, f/m Sunflower butter, fruit &amp; crackers</p>	<p><b>30</b> Pancakes, f/m</p> <p>Pinto beans, carrot and sweet potato, brown rice with veggies, steamed broccoli and cauliflower Cereal/milk</p>				<p><b>Fruit selection will vary with season.</b></p>