

October 2014

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

<p>Infants are served Whole milk, All others are served 1% We serve fruit on breakfast, lunch and snack.</p>	<p>Mon</p>	<p>Tues</p>	<p>wed 1 Oatmeal, f/m Chick peas with potatoes, sweet potatoes, celery, jasmine rice w/ peas & corn, steamed broccoli & cauliflower, f/m Juice & crackers</p>	<p>thurs 2 Pancakes, f/m Veggie nuggets, creamy lentil & vegetable soup, whole wheat bagels, f/m Cereal/ milk</p>	<p>fri 3 Oatmeal, f/m Cheese quesadillas, vegetable soup w/split yellow peas Apple juice, town house crackers</p>	<p>The vegetable soup includes : onions, garlic, potatos, carrots, celery, zuchinni, yellow squash, broccoli and cauliflower.</p>
<p>We serve organic: Oatmeal, all legumes (beans, lentils etc.) brown rice and quinoa.</p>	<p>6 Oatmeal, f/m Black beans with Sweet potatoes, carrots & potatoes, Jasmine rice with peppers, mushrooms, steamed corn Yogurt & crackers</p>	<p>7 Pancakes, f/m 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>8 Oatmeal, f/m Pinto beans with sweet potatoes, celery and carrots, brown rice, peas and corn, f/m Apple juice/ crackers</p>	<p>9 Cereal, f/m Boiled eggs, homemade Mac & cheese, Steamed broccoli & cauliflower, f/m Cereal/milk</p>	<p>10 Oatmeal, f/m Cheese quesadillas, vegetable soup with French lentils, f/m Goldfish, juice</p>	<p>All salads and steamed veggies are served with olive oil and balsamic vinegar, on the side. No creamy or pre made dressings.</p>
<p>We serve whole wheat breads and pastas, rolls and elbow pasta excluded. All dishes are made on site.</p>	<p>13 Oatmeal, f/m Chick peas and veggies, Long grain and wild rice, steamed broccoli and cauliflower. Yogurt, crackers, fruit</p>	<p>14 Cereal, f/m Scrambled eggs, brown rice w/ veggies, fresh sweet corn steamed, f/m Fruit & sunflower butter</p>	<p>15 Oatmeal, f/m Veggie burger, bun and cheddar, broccoli cheddar soup, steamed broccoli & cauliflower, crackers, f/m Juice & crackers</p>	<p>16 Pancakes, f/m Pinto beans w/ potatoes, celery, yellow squash, jasmine rice w/ sweet peppers, corn & peas, steamed broccoli & cauliflower, f/m Cereal & milk</p>	<p>17 Oatmeal, f/m Cheese quesadillas, Vegetable soup w/ yellow split peas, f/m Fruit and crackers</p>	<p>Pancakes are buckwheat and buttermilk</p>
	<p>20 Cereal, f/m Red lentils with potatos, celery, basmati rice, mushrooms, peas and corn, steamed veggies Apple juice, crackers</p>	<p>21 Oatmeal, f/m Chick peas and sweet potato mashed, brown rice w/ veggies, peas and corn, f/m sunflower butter, crackers</p>	<p>22 Pancakes, f/m Veggie burger on bun w/ cheddar, vegetable soup, f/m Yogurt & crackers</p>	<p>23 Oatmeal, f/m Black beans with Sweet potatoes, carrots & potatoes, Jasmine rice with peppers, mushrooms, steamed corn Cereal/milk</p>	<p>24 Bagels, f/m Cheese quesadilla, vegetable soup with pinto beans, f/m Goldfish & juice</p>	
	<p>27 Oatmeal, f/m Scrambled eggs, jasmine rice w/ carrots, peas, corn, tomatoes, fresh sweet corn steamed, f/m Sunflower butter, fruit & crackers</p>	<p>28 Pancakes, f/m Pinto beans, carrot and sweet potato, brown rice with veggies, steamed broccoli and cauliflower Cereal/milk</p>	<p>29 Oatmeal, f/m Black bean chilly, homemade corn bread, peas and corn, f/m Fruit/crackers</p>	<p>30 Cereal, f/m Kidney beans w/ sweet potatoes, celery & carrots, Brown rice W/ peas & corn, steamed broccoli & cauliflower, f/m Yogurt/crackers</p>	<p>31 Oatmeal, f/m Cheese quesadilla, vegetable soup with chick peas, f/m Goldfish/juice</p>	<p>Fruit selection will vary with season.</p>