

November 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 3 Oatmeal, f/m Scrambled eggs, jasmine rice w/ carrots, peas, corn, tomatoes, fresh sweet corn steamed, f/m Sunflower butter, fruit & cracker</p>	<p>Tues 4 Pancakes, f/m Pinto beans, carrot and sweet potato, brown rice with veggies, steamed broccoli and cauliflower Vanilla wafers/ milk</p>	<p>wed 5 Oatmeal, f/m Quinoa with cuc and tomatoes, veggie burger on w.w. bread, peas and corn Cereal /milk</p>	<p>thurs 6 Pancakes, f/m Chick peas with potatoes, sweet potatoes, celery, jasmine rice w/ peas & corn, steamed broccoli & cauliflower, f/m Cereal/ milk</p>	<p>fri 7 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>10 Oatmeal, f/m Black beans with Sweet potatoes, carrots & potatoes, Jasmine rice with peppers, mushrooms, steamed corn Yogurt & crackers</p>	<p>11 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>12 Oatmeal, f/m Boiled eggs, homemade Mac & cheese, Steamed broccoli & cauliflower, f/m Cereal/milk</p>	<p>13 Cereal, f/m Cheese ravioli, alio&olio sauce w/ veggies with veggie burger bites, lentil & veggie soup Bagels/ juice</p>	<p>14 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>17 Oatmeal, f/m Chick peas and veggies, Long grain and wild rice, steamed broccoli and cauliflower. Yogurt, crackers, fruit</p>	<p>18 Cereal, f/m Scrambled eggs, brown rice w/ veggies, fresh sweet corn steamed, f/m Fruit & sunflower butter</p>	<p>19 Oatmeal, f/m Veggie burger, bun and cheddar, broccoli cheddar soup, steamed broccoli & cauliflower, crackers, f/m Juice & crackers</p>	<p>20 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>21 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>24 Cereal, f/m Red lentils with potatos, celery, basmati rice, mushrooms, peas and corn, steamed veggies Apple juice, crackers</p>	<p>25 Oatmeal ,f/m Chick peas and sweet potato mashed, brown rice w/ veggies, peas and corn, f/m sunflower butter, crackers</p>	<p>26 Pancakes, f/m Mac&cheese, veggie nuggets, steamed broccoli & cauliflower Yogurt & crackers</p>	<p>27 Oatmeal ,f/m Black beans with Sweet potatoes, carrots & potatoes, Jasmine rice with peppers, mushrooms, steamed corn Cereal/milk</p>	<p>28 Bagels, f/m Cheese quesadilla, vegetable soup with pinto beans, f/m Goldfish & juice</p>	
						<p>Fruit selection will vary with season.</p>