

December 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 1 Oatmeal, f/m</p> <p>Black beans w/ veggies, brown rice w/ veggies, spaghetti squash (baked)</p> <p>Bagels/juice</p>	<p>Tues 2 Pancakes, f/m</p> <p>Cheese ravioli, alio&olio sauce w/ veggies, parm, veggie nuggets, peas & corn. Crackers/fruit</p>	<p>wed 3 Oatmeal, f/m</p> <p>Chick pea, potatoes, carrots and celery soup, quinoa with tomatoes &cucumber, f/m Juice &crackers</p>	<p>thurs 4 Pancakes, f/m</p> <p>Scrambled eggs w/ spinach & tom, Mac & cheese (gluten free), steamed broc& cauliflower, f/m</p> <p>Cereal/ milk</p>	<p>fri 5 Oatmeal, f/m</p> <p>Cheese quesadillas, vegetable soup w/split yellow peas</p> <p>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>8 Oatmeal, f/m</p> <p>Black beans with Sweet potatoes, carrots & potatoes, Jasmine rice with peppers, mushrooms, steamed corn Yogurt & crackers</p>	<p>9 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>10 Oatmeal, f/m</p> <p>Bow tie on a fresh tomato & veggies sauce, parm, mashed potatoes and chick peas, peas and corn, f/m Apple juice/ crackers</p>	<p>11 Cereal, f/m</p> <p>Veggie burger on bun w/ cheese, creamy yellow split pea soup w/ veggies& parm, f/nm</p> <p>Cereal /milk</p>	<p>12 Oatmeal, f/m</p> <p>Cheese quesadillas, vegetable soup with French lentils, f/m</p> <p>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>15 Oatmeal, f/m</p> <p>Chick peas and veggies, Long grain and wild rice, steamed broccoli and cauliflower. Yogurt, crackers, fruit</p>	<p>16 Cereal, f/m</p> <p>Scrambled eggs, brown rice w/ veggies, fresh sweet corn steamed, f/m Fruit & sunflower butter</p>	<p>17 Oatmeal, f/m</p> <p>Veggie nuggets, broccoli cheddar soup, steamed broccoli & cauliflower, crackers, f/m Juice & crackers</p>	<p>18 Pancakes, f/m</p> <p>Pinto beans w/ potatoes, celery, yellow squash, jasmine rice w/ sweet peppers, corn & peas, steamed broccoli & cauliflower, f/m Cereal & milk</p>	<p>19 Oatmeal, f/m</p> <p>Cheese quesadillas, Vegetable soup w/ yellow split peas, f/m</p> <p>Fruit and crackers</p>	<p>Pancakes are buckwheat and buttermilk</p>
	<p>22 Cereal, f/m</p> <p>Red lentils with potatos, celery, basmati rice, mushrooms, peas and corn, steamed veggies Fruit smoothie, crackers</p>	<p>23 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>24 Pancakes, f/m</p> <p>Veggie burger on bun w/ cheddar, vegetable soup, f/m</p> <p>Yogurt & crackers</p>	<p>25 Oatmeal ,f/m</p> <p>Black beans with Sweet potatoes, carrots & potatoes, Jasmine rice with peppers, mushrooms, steamed corn Yogurt & crackers</p>	<p>26 Bagels, f/m</p> <p>Cheese quesadilla, vegetable soup with pinto beans, f/m</p> <p>Goldfish & juice</p>	
	<p>29 Oatmeal, f/m</p> <p>Scrambled eggs, jasmine rice w/ carrots, peas, corn, tomatoes, fresh sweet corn steamed, f/m Sunflower butter, fruit & crackers</p>	<p>30 Pancakes, f/m</p> <p>Pinto beans, carrot and sweet potato, brown rice with veggies, steamed broccoli and cauliflower Cereal/milk</p>	<p>31 Cereal, f/m</p> <p>Kidney beans w/ sweet potatoes, celery &carrots, Brown rice W/ peas &corn, steamed broccoli & cauliflower, f/m Yogurt/crackers</p>			<p>Fruit selection will vary with season.</p>