

January 2015

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 5 Yogurt/crackers f/m</p> <p>Creamy green split pea soup w/ potatoes, celery, sweet peppers, fresh steamed sweet corn, whole wheat bread, f/m</p> <p>Vanilla wafers/ juice</p>	<p>Tues 6 Pancakes, f/m</p> <p>Scrambled eggs, quinoa w/ tom and cuc, steamed broccoli and cauliflower f/m</p> <p>bagels/ soy butter</p>	<p>wed 7 Oatmeal, f/m</p> <p>Black beans w/ veggies, brown rice w/ veggies, corn, f/m</p> <p>Yogurt/crackers</p>	<p>thurs 8 Pancakes, f/m</p> <p>Brown rice pasta, veggie sauce, veggie burger bites, light pea soup, f/m</p> <p>Cereal/ milk</p>	<p>fri 9 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>12 Oatmeal, f/m</p> <p>Black beans with Sweet potatoes, carrots & potatoes, Jasmine rice with peppers, mushrooms, steamed corn Yogurt & crackers</p>	<p>13 Pancakes, f/m</p> <p>Cheese ravioli, alio&olio sauce w/ veggies, parm, veggie nuggets, peas & corn. Crackers/fruit</p>	<p>14 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>15 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>16 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>19 Oatmeal, f/m</p> <p>Chick peas and veggies, Long grain and wild rice, steamed broccoli and cauliflower. Yogurt, crackers, fruit</p>	<p>20 Cereal, f/m</p> <p>Scrambled eggs, brown rice w/ veggies, fresh sweet corn steamed, f/m Fruit & sunflower butter</p>	<p>21 Oatmeal, f/m</p> <p>Veggie nuggets, broccoli cheddar soup, steamed broccoli & cauliflower, crackers, f/m Juice & crackers</p>	<p>22 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>23 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>26 Cereal, f/m</p> <p>Red lentils with potatos, celery, basmati rice, mushrooms, peas and corn, steamed veggies Fruit smoothie, crackers</p>	<p>27 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>28 Pancakes, f/m</p> <p>Veggie burger on bun w/ cheddar, vegetable soup, f/m</p> <p>Yogurt & crackers</p>	<p>29 Oatmeal ,f/m</p> <p>Black beans with Sweet potatoes, carrots & potatoes, Jasmine rice with peppers, mushrooms, steamed corn Yogurt & crackers</p>	<p>30 Bagels, f/m</p> <p>Cheese quesadilla, vegetable soup with pinto beans, f/m</p> <p>Goldfish & juice</p>	
						<p>Fruit selection will vary with season.</p>