

April 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</p>	<p>Tues</p>	<p>wed 1 Bagel, f/m Cheese ravioli/veggies sauce&parmesan, yellow split pea soup, peas and corn, f/m. WW bread, sunbutter, juice</p>	<p>thurs 2 Pancakes, f/m Scrambled eggs with peppers, quinoa with tom&cuc, steamed broc&cauliflower, f/m Cereal/ milk</p>	<p>fri 3 Oatmeal, f/m Cheese quesadillas, vegetable soup w/split yellow peas, f/m Apple juice, town house crackers</p>	<p>The vegetable soup includes: onions, garlic, potatoes, carrots, celery, zucchini, 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 Veggie nuggets, broccoli cheddar soup, steamed carrots, ww bread. f/m Fruit smoothie, crackers</p>	<p>8 Oatmeal, f/m Bow tie on a fresh tomato & veggies sauce, parm, mashed potatoes and chick peas, peas and corn, f/m Apple juice/ crackers</p>	<p>9 Bagels, f/m Scrambled eggs, quinoa with peas and corn, steamed broccoli and 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 on bun w/cheese. Vegetable soup with beans, f/m Nilla wafers and milk</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 potatoes, celery, basmati rice, mushrooms, peas and corn, steamed veggies Fruit smoothie, 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 Boiled eggs, Jasmine rice with peppers, mushrooms, steamed corn& peas, f/m Yogurt & crackers</p>	<p>24 Bagels, f/m Cheese quesadilla, vegetable soup with pinto beans, f/m Goldfish & juice</p>	
	<p>27 Cereal f/m Black beans w/ veggies, jasmine rice w/ peas and corn, broc&cauliflower, f/m Yougurt/crackers</p>	<p>28 Bagels/sunflower butter, milk Mac and cheese, veggie nuggets, fresh salad, f/m Cereal/milk</p>	<p>29 Oatmeal, f/m Egg salad w/ crackers or bread, quinoa w/peppers and tom, f/m Crackers/ juice</p>	<p>30 Pancakes, f/m Pinto beans, tomatos, corn and carrots, jasmine rice w/ veggies, brocc& cauliflower steamed, f/m Fruit smootie, crackers</p>		<p>Fruit selection will vary with season.</p>