

May 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</p>	<p>thurs</p>	<p>fri 1 Oatmeal, f/m Cheese quesadilla, vegetable soup w/ chick peas, f/m Apple juice/ 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>4 Cereal, f/m Egg salad on WW bread, baby spinach/tom& sweet peppers, f/m Sun butter/cracker/milk</p>	<p>5 Pancakes, f/m Veggie nuggets, broccoli/carrot soup, jasmine rice, peas and corn. Yogurt/nilla waffers</p>	<p>6 Oatmeal ,f/m Black beans & veggies, brown rice & veggies, steamed broccoli & cauliflower f/m fruit/ crackers</p>	<p>7 Bagels, f/m Quinoa w/ veggies, Chick pea soup, corn, f/m Cereal/milk</p>	<p>8 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>11 Oatmeal, f/m Lentil soup, jasmine rice, steamed broccoli and cauliflower. Yogurt, crackers, fruit</p>	<p>12 Cereal, f/m Scrambled eggs with spinach & tomatoes, bow tie pasta w/ veggies, fresh sweet corn steamed, f/m Fruit & sunflower butter</p>	<p>13 Oatmeal, f/m Veggie burger on bun w/cheese. Vegetable soup with beans, f/m Nilla wafers and milk</p>	<p>14 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>15 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>18 Cereal, f/m Red lentils with potatoes, celery, basmati rice, mushrooms, peas and corn, steamed veggies Fruit smoothie, crackers</p>	<p>19 Oatmeal ,f/m Pinto beans, Fresh salsa, fresh guacamole, corn tortillas, f/m sunflower butter, crackers</p>	<p>20 Pancakes, f/m Veggie nuggets, grilled cheese on WW bread w/cheddar, vegetable soup, f/m Yogurt & crackers</p>	<p>21 Oatmeal ,f/m Boiled eggs, Jasmine rice with peppers, mushrooms, steamed corn& peas, f/m Yogurt & crackers</p>	<p>22 Bagels, f/m Cheese quesadilla, vegetable soup with pinto beans, f/m Goldfish & juice</p>	
	<p>25 MEMORIAL DAY CLOSED</p>	<p>26 Oatmeal, f/m Chick pea salad w/ sweet peppers & corn, Jasmine rice, boiled eggs, f/m Cereal/milk</p>	<p>27 Cereal, f/m Veggie burgers, lentil soup, f/m Sun butter/ fruit</p>	<p>28 Pancakes, f/m Pinto beans w/ veggies, brown rice, steamed brocc& cauliflower, f/m Crackers & juice</p>	<p>29 Bagels, f/m Cheese quesadillas, veggie soup w/ beans, f/m Goldfish, juice</p>	<p>Fruit selection will vary with season.</p>