

November 2015

All items are subject to change depending on availability of materials, freshness and classroom preference.

Infants are served Whole milk, All others are served 1% We serve fruit on breakfast, lunch and snack.	Mon Oatmeal, f/m Lentil soup w/ veggies, Jasmine rice w/ veggies, steamed Broccoli & Cauliflower. F/m Sun Butter/ fruit	2	Tues Cereal, f/m Cottage cheese dip and fresh veggies, Pasta salad w/ veggies, f/m Crackers & juice	3	wed Bagels, f/m Pumpkin, butternut squash & carrot soup, ww bread, scrambled eggs Yogurt/crackers	4	thurs Pancakes, f/m Homemade mac & cheese, veggie nuggets, steamed broccoli& cauliflower, f/m Yogurt, crackers, fruit	5	fri Oatmeal, f/m Cheese quesadilla, veggie soup, f/m. Goldfish juice	6	The vegetable soup includes: onions, garlic, potatoes, carrots, celery, zucchini, yellow squash, broccoli and cauliflower.
	We serve organic: Oatmeal, all legumes (beans, lentils etc.) brown rice and quinoa.	9	Cereal, f/m Cottage cheese dip and fresh veggies, toasted ww bread, f/m Sunflower butter/ww bread	10	Pancakes, f/m Red lentils with potatoes, celery, basmati rice w/ veggies, sweet corn, f/m Cereal/milk	11	Oatmeal ,f/m Pizza bagels, steamed broccoli & cauliflower, mashed chick peas f/m fruit/ crackers	12	Bagels, f/m Boiled eggs, Pasta salad w/ veggies, peas and corn, f/m Sunflower butter, bread & milk	13	All salads and steamed veggies are served with olive oil and balsamic vinegar, on the side. No creamy or pre made dressings.
We serve whole wheat breads and pastas, rolls and elbow pasta excluded. All dishes are made on site.	Oatmeal, f/m Black beans & veggies, brown rice & veggies, steamed broccoli & cauliflower f/m Sun butter/cracker/milk	16	Cereal, f/m Veggie burger on bun w/cheese. Vegetable soup with beans, f/m Yogurt/crackers	17	Oatmeal, f/m Pumpkin, carrot & sweet potato soup, mashed chick peas w veggies, crackers, f/m Cereal/milk	18	Pancakes, f/m Scrambled Eggs w/ spinach & tomatoes, Baked Zitti w/ Veggies, steamed broccoli & cauliflower, f/m Fruit & sunflower butter	19	Oatmeal, f/m Cheese quesadillas, Vegetable soup w/ yellow split peas, f/m Fruit and crackers	20	Pancakes are buckwheat and buttermilk Veggie nuggets, broccoli/carrot soup, jasmine rice, peas and corn. Yogurt/nilla waffers
	Cereal, f/m Cottage cheese dip and fresh veggies, baked jasmine rice w/ veggies, f/m Fresh fruit/ crackers	23	Oatmeal ,f/m Red lentils with potatoes, celery, basmati rice, mushrooms, peas and corn, steamed veggies, f/m sunflower butter, crackers	24	Pancakes, f/m Veggie nuggets, grilled cheese on WW bread w/cheddar, vegetable soup, f/m Cereal/ milk	25	Oatmeal ,f/m Boiled eggs, Jasmine rice w/ veggies ,steamed veggies, f/m Yogurt & crackers	26	Oatmeal ,f/m Cheese quesadilla, vegetable soup with pinto beans, f/m Goldfish & juice	27	
	Cereal, f/ Homemade mac & cheese, veggie nuggets, f/m Yogurt, crackers	30									Fruit selection will vary with season.