

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

<p><b>Mon</b> 4</p> <p>Oatmeal, f/m</p> <p>Veggie burger on bun w/cheese. Vegetable soup with Split green peas, f/m</p> <p>Cereal/milk</p>	<p><b>Tues</b> 5</p> <p>Bagels, f/m</p> <p>Black bean, sweet potato &amp; carrot soup, Cornbread (homemade), steamed broccoli &amp; cauliflower, f/m</p> <p>Sun butter, bread and milk</p>	<p><b>wed</b> 6</p> <p>Cereal, f/m</p> <p>Cottage cheese dip, fresh sweet peppers, quinoa salad w/ veggies, f/m</p> <p>Yogurt, crackers</p>	<p><b>thurs</b> 7</p> <p>Oatmeal, f/m</p> <p>Boiled eggs, Homemade Mac &amp; Cheese ( with NY made cheddar), fresh spinach &amp; tomato salad, f/m</p> <p>Juice &amp; crackers.</p> <p>Juice &amp; crackers</p>	<p><b>fri</b> 8</p> <p>Cereal, f/m</p> <p>Cheese quesadilla, vegetable soup with Lentils, f/m.</p> <p>Goldfish juice</p>
<p>11</p> <p>Oatmeal, f/m</p> <p>Veggie nuggets, broccoli cheddar soup (homemade), roasted peas and corn and potatoes, f/m</p> <p>Juice &amp; crackers</p>	<p>12</p> <p>Pancakes, f/m</p> <p>Lentil soup with Vegetables, jasmine rice w/ vegetables, steamed broccoli and cauliflower, f/m</p> <p>Sun butter, bread and milk</p>	<p>13</p> <p>Cereal, f/m</p> <p>Refried Pinto Beans, fresh Guacamole, Fresh Tomato salsa, Corn Chips, f/m</p> <p>Fruit &amp; crackers</p>	<p>14</p> <p>Bagels f/m</p> <p>Boiled eggs, baked pasta with vegetables and cheese, Fresh Baby spinach &amp; tomato salad (cottage cheese dressing), f/m</p> <p>Yogurt/ fruit &amp; crackers</p>	<p>15</p> <p>Oatmeal, f/m</p> <p>Cheese quesadillas, Chick Pea curry with vegetables, f/m</p> <p>Graham crackers, juice</p>
<p>18</p> <p>Oatmeal, f/m</p> <p>Cottage cheese dip w beets, raw veggies, Quinoa salad with vegetables, f/m</p> <p>Sun butter/cracker/milk</p>	<p>19</p> <p>Cereal, f/m</p> <p>Black beans with veggies, baked jasmine rice w/ veggies, fresh tomato, cucumber and baby spinach salad</p> <p>Yogurt/crackers</p>	<p>20</p> <p>Oatmeal, f/m</p> <p>Homemade vegetarian lasagna ( cottage cheese, cheddar parmesan, veggie burger crumbles), Mashed chick pea and sweet potato, f/m</p> <p>Cereal/milk</p>	<p>21</p> <p>Pancakes, f/m</p> <p>Scrambled Eggs w/ spinach &amp; tomatoes, Baked Zitti w/ Veggies, steamed broccoli &amp; cauliflower, f/m</p> <p>Fruit &amp; sunflower butter</p>	<p>22</p> <p>Oatmeal, f/m</p> <p>Cheese quesadillas, Vegetable soup w/ yellow split peas, f/m</p> <p>Fruit and crackers</p>
<p>25</p> <p>Cereal, f/m</p> <p>Pizza Bagels (whole wheat), Mashed chick pea and sweet potatoes, Fresh spinach, tomato &amp; cucumber salad, f/m</p> <p>Fresh fruit/ crackers</p>	<p>26</p> <p>Oatmeal, f/m</p> <p>Red lentils with potatoes, celery, baked Basmati rice w/ vegetables, peas and corn, f/m</p> <p>sunflower butter, crackers</p>	<p>27</p> <p>Pancakes, f/m</p> <p>Veggie nuggets, Mac &amp; Cheese (homemade with NY cheddar), steamed carrots, f/m</p> <p>Cereal/ milk</p>	<p>28</p> <p>Oatmeal, f/m</p> <p>Boiled eggs, Grilled cheese on Whole Wheat bread, steamed broccoli &amp; cauliflower, f/m</p> <p>Yogurt &amp; crackers</p>	<p>29</p> <p>Bagels, f/m</p> <p>Cheese quesadilla, vegetable soup with pinto beans, f/m</p> <p>Goldfish &amp; juice</p>
<p>28</p> <p>Cereal, f/m</p> <p>Quinoa with vegetables, Black bean soup, Steamed Broccoli &amp; cauliflower, f/m</p> <p>Sun Butter and Fruit</p>	<p>29</p> <p>Oatmeal, f/m</p> <p>Black bean s with vegetables, baked jasmine rice ( harvest gold rice) with turmeric and veggies, steamed broccoli &amp; cauliflower</p> <p>Cereal &amp; milk</p>	<p>30</p> <p>Bagels, f/m</p> <p>Veggie burger on bun w/ cheese, vegetable soup ( a myriad of roots, brassica etc) f/m</p> <p>Sun butter &amp; apples</p>	<p>31</p> <p>Pancakes. f/m</p> <p>Scrambled eggs with sweet peppers and corn, alfredo sauce pasta w/ veggies, fresh salad, f/m</p> <p>Yogurt &amp; crackers</p>	<p>Oatmeal, f/m</p> <p>Cottage cheese dip w/ turmeric (organic), fresh, raw sweet peppers, whole wheat grilled cheese, f/m</p> <p>Yogurt, graham crackers</p>