

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

<p><b>Mon</b> 2</p>	<p><b>Tues</b> 3</p>	<p><b>wed</b> 1</p> <p>Cereal, f/m Cottage cheese dip, fresh sweet peppers, quinoa salad w/ veggies, f/m Yogurt, crackers</p>	<p><b>thurs</b> 2</p> <p>Oatmeal, f/m</p> <p>Boiled eggs, Homemade Mac &amp; Cheese ( with NY made cheddar), fresh spinach &amp; tomato salad, f/m Juice &amp; crackers. Juice &amp; crackers</p>	<p><b>fri</b> 3</p> <p>Cereal, f/m</p> <p>Cheese quesadilla, vegetable soup with Lentils, f/m. Goldfish juice</p>
<p>6</p> <p>Oatmeal, f/m</p> <p>Veggie nuggets, broccoli cheddar soup (homemade), roasted peas and corn and potatoes, f/m Juice &amp; crackers</p>	<p>7</p> <p>Pancakes, f/m</p> <p>Lentil soup with Vegetables, jasmine rice w/ vegetables, fresh celery w/ cottage cheese dip, f/m Sun butter, bread and milk</p>	<p>8</p> <p>Cereal, f/m</p> <p>Veggie nuggets, quinoa w/ veggies, peas and corn, f/m Cereal, milk</p>	<p>9</p> <p>Bagels f/m</p> <p>Boiled eggs, baked pasta with vegetables and cheese, steamed cauliflower, f/m Yogurt/ fruit &amp; crackers</p>	<p>10</p> <p>Oatmeal, f/m</p> <p>Cheese quesadillas, Chick Pea curry with vegetables, f/m Graham crackers, juice</p>
<p>13</p> <p>Oatmeal, f/m</p> <p>Cottage cheese dip w beets, raw veggies, Quinoa salad with vegetables, f/m Sun butter/cracker/milk</p>	<p>14</p> <p>Cereal, f/m</p> <p>Black beans with veggies, baked jasmine rice w/ veggies, fresh tomato, cucumber and baby spinach salad Yogurt/crackers</p>	<p>15</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 Cereal/milk</p>	<p>16</p> <p>Pancakes, f/m</p> <p>Boiled eggs w/ spinach &amp; tomatoes, Baked Zitti w/ Veggies, steamed broccoli &amp; cauliflower, f/m Fruit &amp; sunflower butter</p>	<p>17</p> <p>Oatmeal, f/m</p> <p>Cheese quesadillas, Vegetable soup w/ yellow split peas, f/m Fruit and crackers</p>
<p>20</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 Fresh fruit/ crackers</p>	<p>21</p> <p>Oatmeal, f/m</p> <p>Red lentils with potatoes, celery, baked Basmati rice w/ vegetables, peas and corn, f/m sunflower butter, crackers</p>	<p>22</p> <p>Pancakes, f/m</p> <p>Veggie nuggets, Mac &amp; Cheese (homemade with NY cheddar), steamed carrots, f/m Cereal/ milk</p>	<p>23</p> <p>Oatmeal, f/m</p> <p>Boiled eggs, Grilled cheese on Whole Wheat bread, steamed broccoli &amp; cauliflower, f/m Yogurt &amp; crackers</p>	<p>24</p> <p>Bagels, f/m</p> <p>Cheese quesadilla, vegetable soup with pinto beans, f/m Goldfish &amp; juice</p>
<p>27</p> <p>Cereal, f/m</p> <p>Quinoa with vegetables, Black bean soup, Steamed Broccoli &amp; cauliflower, f/m Sun Butter and Fruit</p>	<p>28</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 Cereal &amp; milk</p>	<p>29</p> <p>Cereal, f/m</p> <p>Veggie burger w/ cheese, vegetable soup, f/m Bagels, fruit</p>	<p>30</p> <p>Pancakes, f/m</p> <p>Scrambled eggs, fresh salad, jasmine rice w/ veggies, f/m Juice, crackers</p>	