

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

<p>Mon 2</p>	<p>Tues 3</p>	<p>wed 1</p> <p>Cereal, f/m Cottage cheese dip, fresh sweet peppers, quinoa salad w/ veggies, f/m Yogurt, crackers</p>	<p>thurs 2</p> <p>Oatmeal, f/m</p> <p>Boiled eggs, Homemade Mac & Cheese (with NY made cheddar), fresh spinach & tomato salad, f/m Juice & crackers. Juice & crackers</p>	<p>fri 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 & 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 & 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 & tomatoes, Baked Zitti w/ Veggies, steamed broccoli & cauliflower, f/m Fruit & 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 & 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 & 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 & cauliflower, f/m Yogurt & crackers</p>	<p>24</p> <p>Bagels, f/m</p> <p>Cheese quesadilla, vegetable soup with pinto beans, f/m Goldfish & juice</p>
<p>27</p> <p>Cereal, f/m</p> <p>Quinoa with vegetables, Black bean soup, Steamed Broccoli & 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 & cauliflower Cereal & 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>	