



Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday
a.m. Snack	Goldfish Crackers Raisins Water	Wheat Thins Juice	Triscuit Crackers Seasonal Fruit Water	Organic Animal Crackers Milk	Cheerios Raisins Water
Lunch	Pasta Marinara Seasonal Fruit Cucumber, chickpea & Tomato Salad Milk	Quesadillas Seasonal Fruit Salad Milk	*Pasta Aglio Olio Lentils Seasonal Fruit Broccoli Milk	Refried Beans Spanish Rice Seasonal Fruit Pico de Gallo Milk	Frittata w/ hashbrowns & cheese Seasonal Fruit Corn Milk
p.m. Snack	Seasonal Fruit Triscuit Crackers Water	Seasonal Fruit Roasted Chickpeas Water	Seasonal Fruit Graham Crackers Water	Hummus Carrot Sticks Water	Banana, Carrot Muffins Milk

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday
a.m. Snack	Goldfish Crackers Raisins Water	Wheat Thins Juice	Triscuit Crackers Seasonal Fruit Water	Organic Animal Crackers Milk	Cheerios Raisins Water
Lunch	Pasta Marinara Seasonal Fruit Cucumber, chickpea & Tomato Salad Milk	Cheese Pizza Seasonal Fruit Salad Milk	Pasta w/ Cheese Sauce Seasonal Fruit Green Beans Milk	Refried Beans Spanish Rice Seasonal Fruit Pico de Gallo Milk	Quinoa-Chickpea Nuggets Seasonal Fruit Cabbage Salad Milk
p.m. Snack	Seasonal Fruit Triscuit Crackers Water	Seasonal Fruit Roasted Chickpeas Water	Seasonal Fruit Graham Crackers Water	Hummus Carrot Sticks Water	Banana Carrot Muffins Milk

*Olive Oil & Garlic w/ parmesan on side

~ All Snacks & meals are 100% trans fat free

~ Water provided is filtered

Lunch Times:

Toddlers: 11:00 a.m.

Jr. Preschool: 11:15 a.m.

Preschool & Pre K 12:00 p.m.

note: vegetables are subject to substitution according to seasonal availability