

September

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
9	10	11	12	13
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
16	17	18	19	20
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
23	24	25	26	27
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
30				
Muffin Monday w/ Organic Fruit & Milk				



September

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Closed	Organic Berries	Cheese and Crackers	Organic Apples	Chefs Choice
Closed	Cage Free Hard Boiled Eggs	Watermelon	Pumpkin Muffin Organic Milk	Chefs Choice
9	10	11	12	13
Organic Apples	Pumpkin Muffin Organic Milk	Chips and Salsa	Organic Berries	Chefs Choice
Cheese and Crackers	Organic Oranges	Tillamook Cheddar Gougeres	Fruit Smoothie and Crackers	Chefs Choice
16	17	18	19	20
Organic Berries	Chips and Guacamole	Organic Oranges	Cheese and Cracker Plate	Chefs Choice
Pumpkin Muffin Organic Milk	Fruit and Yogurt Parfait	Cage Free Hard Boiled Eggs	Organic Banana Muffins Organic Milk	Chefs Choice
23	24	25	26	27
Cheese and Crackers	Organic Oranges	Veggies and Hummus	Organic Berries	Chefs Choice
Organic Apples	Raisins and Goldfish	Fruit and Yogurt Parfait	Oatmeal Bar	Chefs Choice
30				
Trail Mix				
Watermelon				

Our Snack Plates V

Apples, Oranges, Grapes, W
Cantaloupe, Hondew Melor
or Sheep Cheese, Yogurt,
Triscuits, Popcorn, Grano
Pickles, Cucumbers, Celery,
Peas, Green Peas, Green
Spinach Dip, Lentil Dip, Rec
Tofu :



September

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Closed	Pasta Bolognese (TVP Bolognese)	Chicken and Vegetable Yakisoba (Tofu Yakisoba)	Bbq Chicken Rice and Veggies (Bbq Tofu)	Mediterranean Chicken Over Rice (Medi Veg Stew)
9	10	11	12	13
Indian Coconut Curry (Vegan)	Burrito Bowl	House Ground Chicken Sliders (Bbq Tofu)	Teriyaki Chicken Over Rice and Veggies (Teriyaki Tofu)	Italian Vegetable Alfredo Pasta Privavera (Vegetarian)
16	17	18	19	20
Herb Roasted Pork Loin Rice and Veggies (Butternut Squash)	Pizza Day	Ratatouille Over Rice (Vegan)	Sweet and Sour Chicken (Sweet and Sour Tofu)	Chicken and Mushroom Stroganoff and Carrot Sticks (Mushroom)
23	24	25	26	27
Cheddar Chicken Broccoli Pasta Bake (Veggie Alfredo)	Taco Tuesday	Spaghetti and Meatballs (TVP Bolognese)	Pulled Pork Sliders w/ Carrot Sticks (Bbq Tofu)	Herb Roasted Chicken Over Rice and Veggies (Butternut Squash)
30				
Teriyaki Salmon Over Rice and Veggies (Teriyaki Tofu)				

