

November

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Grab -N- Go Parent Breakfast
4	5	6	7	8
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
11	12	13	14	15
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
18	19	20	21	22
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
25	26	27	28	29
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



November

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Chefs Choice
				Chefs Choice
4	5	6	7	8
Organic Berries	Organic Apples	Vegetable Crudite	Chips and Salsa	Chefs Choice
Oranges and Crackers	Watermelon	Organic Banana Muffins Organic Milk	Trail Mix	Chefs Choice
11	12	13	14	15
Cheese and Cracker Plate	Organic Berries	Chips and Salsa	Vegetables and Hummus	Chefs Choice
Oatmeal Bar	Ham and Raisins	Organic Oranges	Watermelon	Chefs Choice
18	19	20	21	22
Organic Apples	Chips and Guacamole	Veggies and Hummus	Organic Berries	Chefs Choice
Watermelon	Cheese and Cracker Plate	Cage Free Hard Boiled Eggs	Pumpkin Muffin Organic Milk	Chefs Choice
25	25	27	28	29
Tillamook Cheddar	Organic Berries	Fruit Smoothies	Organic Fruit Salad	Chefs Choice
Organic Apples	Organic Banana Muffins Organic Milk	Ham and Raisins	Tillamook Cheddar Gougeres	Chefs Choice

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 :



November

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Bbq Chicken w/ Veggies and Rice (Bbq Tofu)
4	5	6	7	8
Crispy Orange Chicken Over Rice and Veggies (Orange Tofu)	Taco Tuesday (Veggie Fajita)	Shrimp Avocado Roll (Veggie Roll)	Mediterranean Chicken over Rice (Falafel)	Chicken Yakisoba (Tofu Yakisoba)
11	12	13	14	15
Spaghetti and Housemade Meatballs (Tvp Bolognese)	House Ground Chicken Burgers (Blackbean Burger)	Herb Roasted Porkloin w/ Veggies and Rice (Roasted Portabello)	Shrimp Fried Rice w/ Baby Carrots (Tofu Fried Rice)	Chicken Stew over Mashed Potatoes (Veggie Stew)
18	19	20	21	22
Chicken Cacciatore: Over Creamy Parmesan Polenta	Ham Wrap (Veggie Wrap)	Turkey Tetrazzini (Mushroom Tetrazzini)	Crispy Sweet and Sour Chicken (Sweet and Sour Tofu)	Teriyaki Salmon (Teriyaki Tofu)
25	26	27	28	29
Buternut Squash Macaroni and Cheese (Vegetarian)	Burrito Bowl	Indian Vegetable Curry and Raisins (Vegetarian)	Housemade Fish and Chips (Crispy Tofu)	Pizza Day

