

Monday

Breakfast 8:30am Organic Whole Milk Vanilla Yogurt, Whole Grain Toasted Oats, & Organic Banana	Lunch 11:30am Whole grain elbow pasta with shredded organic cheddar cheese; organic vegetable; organic fruit; organic wheat bread	Snack 2:30pm Snack Mix (toasted oats; organic raisins) & Organic unsweetened applesauce	Dinner 5:00pm Basmati rice with organic green lentils; organic vegetables; organic fruit; organic wheat bread
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Tuesday

Breakfast 8:30am Organic wheat bread French toast bake with organic fruit	Lunch 11:30am Organic ground turkey meatloaf with spinach, zucchini, carrot, bell pepper, organic eggs, & whole wheat breadcrumbs; organic fruit; organic wheat bread	Snack 2:30pm Organic whole wheat homemade pumpkin muffins & organic whole milk vanilla yogurt	Dinner 5:00pm Whole grain rotini pasta w/organic ground turkey, spinach, zucchini, carrot, bell pepper, and tomato sauce; organic fruit; organic wheat bread
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Wednesday

Breakfast 8:30am Organic steel-cut Irish oatmeal w/organic bananas	Lunch 11:30am Baked chickpea/garbanzo bean & oat flour falafel patties; organic whole milk Greek yogurt; organic cucumber; whole wheat pita bread; organic fruit	Snack 2:30pm Organic mixed berry and banana Smoothie Bowl & homemade apple oat bars	Dinner 5:00pm Organic kidney bean, spinach, zucchini, carrot, bell pepper, ground chicken & tomato chili; Whole grain organic mini corn muffins; organic fruit
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Thursday

Breakfast 8:30am Whole grain Ezekial English Muffins with organic cream cheese & smashed mixed berries	Lunch 11:30am Baked wild caught salmon filets; organic vegetable; organic fruit; organic wheat bread	Snack 2:30pm Organic cubed mozzarella cheese; organic crackers	Dinner 5:00pm Organic chicken & potato stew; organic vegetable; organic fruit; organic wheat bread
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Friday

Breakfast 8:30am Organic scrambled eggs w/organic wheat bread & organic bananas	Lunch 11:30am Shredded organic chicken breast with smashed avocado; whole grain tortilla; organic vegetable; organic fruit	Snack 2:30pm Homemade banana bread & organic fruit salad	Dinner 5:00pm Basmati rice with organic black beans; organic vegetable; organic fruit; organic wheat bread
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Organic vegetables are steamed/baked and diced/mashed appropriately. Options include (based on seasonal availability): sweet potatoes, butternut squash, acorn squash, zucchini, yellow squash, beets, broccoli, cauliflower, green beans, carrots, corn, parsnips, russet potato, cucumber

Organic fruits are diced/mashed appropriately. Options include (based on seasonal availability): bananas, apples, pears, strawberries, blueberries, raspberries, blackberries, cherries, grapes, pears, peaches, nectarines, kiwi, cantaloupe, honeydew, watermelon, pineapple, mango.

Organic whole milk is offered at parental request to all children 12+ months; organic 1% or skim is available for children over 2 years.