

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>Breakfast:</b> Oatmeal with Strawberries and Blueberries  <b>AM snack:</b> Cucumbers and pita chips with Hummus or Ranch.  <b>Lunch:</b> Chicken Nuggets or Veggie Nuggets with Seasoned Potatoes and apples  <b>PM snack:</b> Cubed Cheese and Peppers</p>	<p><b>Breakfast:</b> Whole grain Bagel w/ cream cheese, Turkey bacon and Watermelon chunks  <b>AM snack:</b> sliced apples or softly boiled apples with sunbutter.  <b>Lunch:</b> Homemade Chicken Tacos or Veggie Tacos with Rice, Pinto Beans and Pineapples  <b>PM snack:</b> sliced Mixed Fruit and nut-free Trail mix</p>	<p><b>Breakfast:</b> Cinnamon Toast with syrup and Nectirines  <b>AM Snack:</b> Club crackers with sliced cheese  <b>Lunch:</b> Homemade Grilled Chicken or Beyond Meat with vegetable Fried rice, &amp; Oranges  <b>PM Snack:</b> Soft pretzel bites &amp; Apple Sauce</p>	<p><b>Breakfast:</b> Homemade Egg and Cheese Scramble with Sliced Banana  <b>AM snack:</b> Tiny cut Celery with ranch and Wheat Thins  <b>Lunch:</b> Cheese Quesidillas with Corn &amp; Peas  <b>PM snack:</b> Chips and salsa with Guacamole</p>	<p><b>Breakfast:</b> Zucchini Pancakes with maple syrup, turkey bacon  <b>AM snack:</b> Yogurt and Strawberries  <b>Lunch:</b> Griddle Pizzas with Peas and Pineapples  <b>PM Snack:</b> Fresh fruit smoothie and veggie straws</p>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p><b>Breakfast:</b> Homemade Veggies and egg casserole or oatmeal with Bananas  <b>AM snack:</b> Yogurt parfaits with Granola  <b>Lunch:</b> Cauliflower crust veggie pizza, Butternut squash Soup with crackers  <b>PM Snack:</b> Crackers with String cheese</p>	<p><b>Breakfast:</b> Whole grain cereal and Milk with Banana  <b>AM Snack:</b> Pita chips and hummus  <b>Lunch:</b> Homemade Mac &amp; Cheese with Ham and a strawberry spinach salad  <b>PM Snack:</b> Fresh fruit smoothie</p>	<p><b>Breakfast:</b> French Toast, Oranges &amp; Milk  <b>AM Snack:</b> sunbutter &amp; Jelly Rollup  <b>Lunch:</b> Homemade Veggie Sauce and Spaghetti with meatballs or vegetarian meatballs and Steamed broccoli  <b>PM Snack:</b> Animal Crackers &amp; Apple Sauce</p>	<p><b>Breakfast:</b> Scrambled Eggs, Toast &amp; Milk  <b>AM Snack:</b> Cheese and Crackers  <b>Lunch:</b> Homemade Cheeseburger or Tofu cheeseburger with Peas &amp; Pineapples  <b>PM Snack:</b> Homemade Fresh fruit smoothie and banana oat cookies</p>	<p><b>Breakfast:</b> Breakfast Bar with Bananas &amp; Milk  <b>AM Snack:</b> Cheese sticks and Club Crackers  <b>Lunch:</b> Homemade Lentil soup, grilled chicken or veggie patty sandwich and peaches  <b>PM Snack:</b> chocolate chip cookie and Strawberries</p>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p><b>Breakfast:</b> Spinach Egg casserole, cut mixed fruit and milk  <b>AM snack:</b> pita chips and hummus  <b>Lunch:</b> Homemade Chicken and Pasta marinara with Mixed Vegetables &amp; Oranges  <b>PM Snack:</b> Graham Crackers &amp; Apple Sauce</p>	<p><b>Breakfast:</b> Whole grain Bagel w/ cream cheese, Hashbrowns  <b>AM snack :</b> Homemade nut free banana loaf  <b>Lunch:</b> Homemade Chicken and Broccoli Noodle Casserole &amp; Peas  <b>PM Snack:</b> Homemade fresh fruit smoothie</p>	<p><b>Breakfast:</b> Bell peppers and Egg muffins, Toast with chocolate Milk  <b>AM Snack:</b> sunbutter &amp; Jelly Rollup  <b>Lunch:</b> Homemade Chicken or Tofu and Noodles, with Corn &amp; Pineapples  <b>PM Snack:</b> Pita Chips and Hummus</p>	<p><b>Breakfast:</b> Waffles with Bananas  <b>AM Snack:</b> Sweet potato chips and Baked apples  <b>Lunch:</b> Homemade Ziti with Corn &amp; Peas  <b>PM Snack:</b> Chips and Salsa</p>	<p><b>Breakfast:</b> Strawberry overnight oats &amp; Milk  <b>AM Snack :</b> Homemade peach cranberry muffins with crumble topping  <b>Lunch:</b> Homemade Tortilla soup, with parmesan crusted chicken or eggplant and vegetables  <b>PM Snack:</b> Veggie straws and apple sauce</p>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p><b>Breakfast:</b> Breakfast Bar with Bananas &amp; Milk  <b>AM snack:</b> Homemade chocolate chip banana loaf w/ fruit  <b>Lunch:</b> Homemade Gozleme (stuffed flat bread), with Corn &amp; pears  <b>PM Snack:</b> Tortilla chips or cucumbers and spinach artichoke dip</p>	<p><b>Breakfast:</b> Spinach and cheese omelet, soft boiled or sliced apples  <b>AM snack:</b> Saltine crackers and Orange slices  <b>Lunch:</b> Homemade Grilled ham or grilled veggies cheese wrap, Broccoli cheddar soup with pears  <b>PM Snack:</b> Fresh fruit smoothie and veggie straws</p>	<p><b>Breakfast:</b> Veggies and Egg muffins, Toast with Pears  <b>AM Snack:</b> Yogurt Parfait with Granola  <b>Lunch:</b> Homemade Mac &amp; Cheese with Ham or Mixed Vegetables &amp; Cantaloupe  <b>PM Snack:</b> softly boiled or non-boiled baby carrots and ranch dip with whole grain crackers</p>	<p><b>Breakfast:</b> Whole Grain Cereal with cinnamon apples (softly boiled)  <b>AM Snack:</b> Homemade banana pudding and vanilla wafers  <b>Lunch:</b> Homemade Chicken tikka or Paneer tikka wrap, caesar salad with oranges  <b>PM Snack:</b> Nut free Trail Mix and Whole Grain Pretzels</p>	<p><b>Breakfast:</b> Scrambled Eggs and Jellied toast with Orange Slices  <b>AM snack:</b> Homemade peach muffins with crumble topping  <b>Lunch:</b> Meatloaf or Tofu and Veggie loaf with Homemade Mashed Potatoes, Corn &amp; Banana  <b>PM Snack:</b> Cheese Stick and Apple Slices</p>
<b>29</b>	<b>30</b>	<div style="border: 1px solid black; padding: 10px;"> <p><b>* We are a nut free facility</b>  <b>* Water and Milk are made available with all meals and snacks</b>  <b>* All dairy and meat products are organically sourced.</b>  <b>* Homemade meals are prepared fresh by our chef on-site.</b></p> </div>		
<p><b>Breakfast:</b> Strawberry overnight oats and toast  <b>AM Snack:</b> Sunbutter stackers with Bananas  <b>Lunch:</b> Homemade Cheese Bagel Pizzas with Salad &amp; Apples  <b>PM Snack:</b> Fresh fruit smoothie and Wheat Thins</p>	<p><b>Breakfast:</b> Pancakes with maple syrup, toast  <b>AM Snack:</b> soft boiled sliced apples with sunbutter  <b>Lunch:</b> Homemade Chicken or Tofu bowl with quinoa, sliced veggies dressing &amp; peaches  <b>PM Snack:</b> mac &amp; cheese bites</p>			