



**All meals are cooked on site by our in-house chef! Many items are made from scratch or from our school garden so we have plenty of nutritious and wholesome fresh fruits, vegetables, and herbs for our meals. Any and all food allergies are noted to ensure your children are healthy and still receiving proper nutrition.**

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|--|---|---|--|--|
| Oatmeal and bananas  | Blueberry muffin and juice  | Apple cinnamon muffin and apple slices  | Cinnamon raisin bread and pears  | Crescent roll and orange juice   |
| Golden round crackers and cucumber slices                                | Cheese squares and apple slices   | Cucumber and cream cheese sandwiches  | Rice roller and pear slices  | Animal crackers and Frozen yogurt  |
| Chicken quesadilla with spinach and kale with a side of avocado and kiwi | Baked potato with cheese, sour cream, broccoli, chives and turkey bacon and a side of melon | Veggie bean chili with broccoli, kale, and carrots with a side of bread rolls and orange slices | Grilled cheese on whole wheat bread with tomato soup and a side of zucchini slices | BLT with turkey bacon, lettuce, tomatoes on whole wheat bread with a side of cucumbers and ranch dip |
| Graham crackers and banana/coconut smoothie                              | Pretzels and cheese bites   | Vanilla chip granola bar and orange juice   | Ranch dip and broccoli   | Aussie bites and banana  |
| *vegan cheese substitute<br>*no chicken in 1 quesadilla/no dairy for 1   | *vegan cheese substitute<br>*no sour cream for 1<br>*substitute for blueberries             | *vegan cheese substitute<br>*no dairy for 1<br>*no cream cheese for 1                           | *vegan cheese substitute<br>*no ranch dip for 1                                    | *substitute for yogurt for 1<br>*no ranch dip for 1  |