



**All organic meals are cooked on site by our in-house chef! She makes many items from scratch and will be helping in our 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 *no chicken in 1 quesadilla/no dairy for 1	*vegan cheese substitute *no sour cream for 1 *substitute for blueberries	*vegan cheese substitute *no dairy for 1 *no cream cheese for 1	*vegan cheese substitute *no ranch dip for 1	*substitute for yogurt for 1 *no ranch dip for 1