



# Sample Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST \ AM SNACK 7:00AM-9:00AM	Milk 1% whole grain cereal with milk	Milk 1% Corn muffins	Milk 1% Mini pancakes	Milk 1% Scrambled eggs with fresh fruit	Milk 1% French toast
LUNCH 10:50 AM -11:15AM	whole grain pasta with red sauce and fish	Turkey meatballs with garlic toast	veggie rice soup	Shepherd's pie	grilled chicken Alfredo over pasta
PM SNACK 1:30PM-1:50PM	Pears	Graham cracker with raisin	Apples slices with animal crackers	Yogurt with pretzels	Snack cracker with string cheese
DINNER 4:00PM-4:30PM	Grilled cheese sandwich	Homemade cheese pizza	Turkey and veggie taco	veggie beans and quinoa salad	Turkey burger with baked fries

\*We will try our best to stay as close to our menu as possible. Different fruits or snacks will depend on availability.

\*We do not use anything frozen other than vegetables, canned, or packaged.

\*All meals are cooked on the premises daily and all of our ingredients are fresh and either all natural or organic.