

September/October/November

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wheat Bread with Peanut Butter</p> <p>Scrambled Eggs, Roasted Red Potatoes, Pears, Wheat Bread, OG Milk</p> <p>Roasted Chickpeas, Apples</p>	<p>Wheat Bread with Peanut Butter</p> <p>Chicken and Wild Rice Soup with Celery and Carrot, Asian Pears, OG Milk</p> <p>Roasted Chickpeas, Apples</p>	<p>Wheat Bread with Peanut Butter</p> <p>Brown Rice Pasta, OG Ground Beef, Tomato Sauce, Broccoli, OG Milk</p> <p>Roasted Chickpeas, Apples</p>	<p>Wheat Bread with Peanut Butter</p> <p>Red Beans with Rosemary, Brown Rice, Avocado, Pickled Cauliflower, OG Milk</p> <p>Roasted Chickpeas, Apples</p>	<p>Wheat Bread with Peanut Butter</p> <p>Roasted Chicken & Gravy, Farro, Sautéed Kale</p> <p>Roasted Carrots, OG Milk</p> <p>Roasted Chickpeas, Apples</p>
<p>Granola w/ Flax Seed, Dried Cranberries, & Sunflower Seeds, Yogurt</p> <p>Scrambled Eggs, Roasted Red Potatoes, Pears, Wheat Bread, OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>	<p>Granola w/ Flax Seed, Dried Cranberries, & Sunflower Seeds, Yogurt</p> <p>Chicken and Wild Rice Soup with Celery and Carrot, Asian Pears, OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>	<p>Granola w/ Flax Seed, Dried Cranberries, & Sunflower Seeds, Yogurt</p> <p>Brown Rice Pasta, OG Ground Beef, Tomato Sauce, Broccoli, OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>	<p>Granola w/ Flax Seed, Dried Cranberries, & Sunflower Seeds, Yogurt</p> <p>Red Beans with Rosemary, Brown Rice, Avocado, Pickled Cauliflower, OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>	<p>Granola w/ Flax Seed, Dried Cranberries, & Sunflower Seeds, Yogurt</p> <p>Roasted Chicken & Gravy, Farro, Sautéed Kale</p> <p>Roasted Carrots, OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>
<p>Warm Apple Cider, Waffles</p> <p>Scrambled Eggs, Roasted Red Potatoes, Pears, Wheat Bread, OG Milk</p> <p>Apples and Cheddar Cheese</p>	<p>Warm Apple Cider, Waffles</p> <p>Chicken and Wild Rice Soup with Celery and Carrot, Apples, OG Milk</p> <p>Apples and Cheddar Cheese</p>	<p>Warm Apple Cider, Waffles</p> <p>Brown Rice Pasta, OG Ground Beef, Tomato Sauce, Broccoli, OG Milk</p> <p>Apples and Cheddar Cheese</p>	<p>Warm Apple Cider, Waffles</p> <p>Red Beans with Rosemary, Brown Rice, Avocado, Pickled Cauliflower, OG Milk</p> <p>Apples and Cheddar Cheese</p>	<p>Warm Apple Cider, Waffles</p> <p>Roasted Chicken & Gravy, Farro, Sautéed Kale</p> <p>Roasted Carrots, OG Milk</p> <p>Apples and Cheddar Cheese</p>
<p>Steel Cut Oatmeal with Figs</p> <p>Scrambled Eggs, Roasted Red Potatoes, Pears, Wheat Bread, OG Milk</p> <p>Hummus, Rice Crackers</p>	<p>Steel Cut Oatmeal with Figs</p> <p>Chicken and Wild Rice Soup with Celery and Carrot, Apples, OG Milk</p> <p>Hummus, Rice Crackers</p>	<p>Steel Cut Oatmeal with Figs</p> <p>Brown Rice Pasta, OG Ground Beef, Tomato Sauce, Broccoli, OG Milk</p> <p>Hummus, Rice Crackers</p>	<p>Steel Cut Oatmeal with Figs</p> <p>Red Beans with Rosemary, Brown Rice, Avocado, Pickled Cauliflower, OG Milk</p> <p>Hummus, Rice Crackers</p>	<p>Steel Cut Oatmeal with Figs</p> <p>Roasted Chicken & Gravy, Farro, Sautéed Kale</p> <p>Roasted Carrots, OG Milk</p> <p>Hummus, Rice Crackers</p>

December/January/February

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Apple with Oats Scrambled Eggs, Sautéed Mushrooms, Apples, Wheat Bread, OG Milk Celery, Peanut Butter, Raisins	Baked Apple with Oats Peanut Butter and Jam Sandwich on Wheat Bread, Satsumas, Carrot Sticks, OG Milk Celery, Peanut Butter, Raisins	Baked Apple with Oats Brown Rice Pasta with Butternut Squash and Sage, Garbanzo Beans, Kale, OG Milk Celery, Peanut Butter, Raisins	Baked Apple with Oats Black Beans, Brown Rice, Avocado, Pickled Carrots, OG Milk Celery, Peanut Butter, Raisins	Baked Apple with Oats Tomato Soup, Grilled Cheese Sandwich, Pears, OG Milk Celery, Peanut Butter, Raisins
Whole Grain Pancakes, Bananas Scrambled Eggs, Sautéed Mushrooms, Apples, Wheat Bread, OG Milk Kale Chips, Cheddar Cheese	Whole Grain Pancakes, Bananas Peanut Butter and Jam Sandwich on Wheat Bread, Satsumas, Carrot Sticks, OG Milk Kale Chips, Cheddar Cheese	Whole Grain Pancakes, Bananas Brown Rice Pasta with Butternut Squash and Sage, Garbanzo Beans, Kale, OG Milk Kale Chips, Cheddar Cheese	Whole Grain Pancakes, Bananas Black Beans, Brown Rice, Avocado, Pickled Carrots, OG Milk Kale Chips, Cheddar Cheese	Whole Grain Pancakes, Bananas Tomato Soup, Grilled Cheese Sandwich, Pears, OG Milk Kale Chips, Cheddar Cheese
Granola w/ Flax Seed, Raisins, and Sunflower Seeds, Yogurt Scrambled Eggs, Sautéed Mushrooms, Apples, Wheat Bread, OG Milk Whole Wheat Muffins, Applesauce	Granola w/ Flax Seed, Raisins, and Sunflower Seeds, Yogurt Peanut Butter and Jam Sandwich on Wheat Bread, Satsumas, Carrot Sticks, OG Milk Whole Wheat Muffins, Applesauce	Granola w/ Flax Seed, Raisins, and Sunflower Seeds, Yogurt Brown Rice Pasta with Butternut Squash and Sage, Garbanzo Beans, Kale, OG Milk Whole Wheat Muffins, Applesauce	Granola w/ Flax Seed, Raisins, and Sunflower Seeds, Yogurt Black Beans, Brown Rice, Avocado, Pickled Carrots, OG Milk Whole Wheat Muffins, Applesauce	Granola w/ Flax Seed, Raisins, and Sunflower Seeds, Yogurt Tomato Soup, Grilled Cheese Sandwich, Pears, OG Milk Whole Wheat Muffins, Applesauce
Steel Cut Oatmeal, Berry Compote Scrambled Eggs, Sautéed Mushrooms, Apples, Wheat Bread, OG Milk Baked Potato with Cheddar Cheese and Broccoli	Steel Cut Oatmeal, Berry Compote Peanut Butter and Jam Sandwich on Wheat Bread, Satsumas, Carrot Sticks, OG Milk Baked Potato with Cheddar Cheese and Broccoli	Steel Cut Oatmeal, Berry Compote Brown Rice Pasta with Butternut Squash and Sage, Garbanzo Beans, Kale, OG Milk Baked Potato with Cheddar Cheese and Broccoli	Steel Cut Oatmeal, Berry Compote Black Beans, Brown Rice, Avocado, Pickled Carrots, OG Milk Baked Potato with Cheddar Cheese and Broccoli	Steel Cut Oatmeal, Berry Compote Tomato Soup, Grilled Cheese Sandwich, Pears, OG Milk Baked Potato with Cheddar Cheese and Broccoli

March/April/May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Granola with Flax Seed and Dried Apple, Yogurt</p> <p>Rice Noodles, Chicken Breast, Grated Carrot, Cucumber, Mint, Thai Peanut Sauce, OG Milk</p> <p>Peanut Butter and Jam on Wheat Bread</p>	<p>Granola with Flax Seed and Dried Apple, Yogurt</p> <p>Red Bean and Cheddar Quesadilla on Sprouted Wheat Tortilla, Pickled Carrots, Bananas, OG Milk</p> <p>Peanut Butter and Jam on Wheat Bread</p>	<p>Granola with Flax Seed and Dried Apple, Yogurt</p> <p>Brown Rice Pasta with Zucchini, Peas, Garlic, Basil, Olive Oil and Parmesan, Cannelini Beans , OG Milk</p> <p>Peanut Butter and Jam on Wheat Bread</p>	<p>Granola with Flax Seed and Dried Apple, Yogurt</p> <p>Homemade Hummus, Whole Wheat Pita Bread, Cucumber, Olives, Grated Carrot, OG Milk</p> <p>Peanut Butter and Jam on Wheat Bread</p>	<p>Granola with Flax Seed and Dried Apple, Yogurt</p> <p>Hard Boiled Eggs, Roasted Asparagus and Potatoes, Wheat Bread, OG Milk</p> <p>Peanut Butter and Jam on Wheat Bread</p>
<p>Wheat Bread with Peanut Butter</p> <p>Rice Noodles, Chicken Breast, Grated Carrot, Cucumber, Mint, Thai Peanut Sauce, OG Milk</p> <p>Apples, Cheddar Cheese</p>	<p>Wheat Bread with Peanut Butter</p> <p>Red Bean and Cheddar Quesadilla on Sprouted Wheat Tortilla, Pickled Carrots, Bananas, OG Milk</p> <p>Apples, Cheddar Cheese</p>	<p>Wheat Bread with Peanut Butter</p> <p>Brown Rice Pasta with Zucchini, Peas, Garlic, Basil, Olive Oil and Parmesan, Cannelini Beans , OG Milk</p> <p>Apples, Cheddar Cheese</p>	<p>Wheat Bread with Peanut Butter</p> <p>Homemade Hummus, Whole Wheat Pita Bread, Cucumber, Olives, Grated Carrot, OG Milk</p> <p>Apples, Cheddar Cheese</p>	<p>Wheat Bread with Peanut Butter</p> <p>Hard Boiled Eggs, Roasted Asparagus and Potatoes, Wheat Bread, OG Milk</p> <p>Apples, Cheddar Cheese</p>
<p>Steel Cut Oatmeal with Strawberry-Rhubarb Compote</p> <p>Rice Noodles, Chicken Breast, Grated Carrot, Cucumber, Mint, Thai Peanut Sauce, OG Milk</p> <p>Whole Wheat English Muffin Cheese Pizza</p>	<p>Steel Cut Oatmeal with Strawberry-Rhubarb Compote</p> <p>Red Bean and Cheddar Quesadilla on Sprouted Wheat Tortilla, Pickled Carrots, Bananas, OG Milk</p> <p>Whole Wheat English Muffin Cheese Pizza</p>	<p>Steel Cut Oatmeal with Strawberry-Rhubarb Compote</p> <p>Brown Rice Pasta with Zucchini, Peas, Garlic, Basil, Olive Oil and Parmesan, Cannelini Beans , OG Milk</p> <p>Whole Wheat English Muffin Cheese Pizza</p>	<p>Steel Cut Oatmeal with Strawberry-Rhubarb Compote</p> <p>Homemade Hummus, Whole Wheat Pita Bread, Cucumber, Olives, Grated Carrot, OG Milk</p> <p>Whole Wheat English Muffin Cheese Pizza</p>	<p>Steel Cut Oatmeal with Strawberry-Rhubarb Compote</p> <p>Hard Boiled Eggs, Roasted Asparagus and Potatoes, Wheat Bread, OG Milk</p> <p>Whole Wheat English Muffin Cheese Pizza</p>
<p>Pancakes, Berry Coulis</p> <p>Rice Noodles, Chicken Breast, Grated Carrot, Cucumber, Mint, Thai Peanut Sauce, OG Milk</p> <p>Rice Cakes, Avocado</p>	<p>Pancakes, Berry Coulis</p> <p>Red Bean and Cheddar Quesadilla on Sprouted Wheat Tortilla, Pickled Carrots, Bananas, OG Milk</p> <p>Rice Cakes, Avocado</p>	<p>Pancakes, Berry Coulis</p> <p>Brown Rice Pasta with Zucchini, Peas, Garlic, Basil, Olive Oil and Parmesan, Cannelini Beans , OG Milk</p> <p>Rice Cakes, Avocado</p>	<p>Pancakes, Berry Coulis</p> <p>Homemade Hummus, Whole Wheat Pita Bread, Cucumber, Olives, Grated Carrot, OG Milk</p> <p>Rice Cakes, Avocado</p>	<p>Pancakes, Berry Coulis</p> <p>Hard Boiled Eggs, Roasted Asparagus and Potatoes, Wheat Bread, OG Milk</p> <p>Rice Cakes, Avocado</p>

June/July/August

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oat and Dried Fruit Meusli, OG Milk</p> <p>PB&J Sandwich on Spelt Bread, Yogurt, Carrots, Berries, OG Milk</p> <p>Berries, Whipped Cream, Whole Grain Crackers</p>	<p>Oat and Dried Fruit Meusli, OG Milk</p> <p>Rice Pasta Salad with Green Beans, Shredded Carrot, and Cherry Tomatoes, White Beans, Balsamic Vinaigrette, OG Milk</p> <p>Berries, Whipped Cream, Whole Grain Crackers</p>	<p>Oat and Dried Fruit Meusli, OG Milk</p> <p>Whole Grain Pancakes, Pork Sausage, Fruit Salad, Kale, OG Milk</p> <p>Berries, Whipped Cream, Whole Grain Crackers</p>	<p>Oat and Dried Fruit Meusli, OG Milk</p> <p>Chicken Salad, Celery, Grapes Whole Wheat Bread, OG Milk</p> <p>Berries, Whipped Cream, Whole Grain Crackers</p>	<p>Oat and Dried Fruit Meusli, OG Milk</p> <p>Egg Frittata with Yellow Squash, Plums, Whole Wheat Bread, OG Milk</p> <p>Berries, Whipped Cream, Whole Grain Crackers</p>
<p>Child-made Whole Wheat Bread & Butter, Fruit</p> <p>PB&J Sandwich on Spelt Bread, Yogurt, Carrots, Berries, OG Milk</p> <p>Watermelon Cucumber Salad with Mint, Rice Cakes</p>	<p>Child-made Whole Wheat Bread & Butter, Fruit</p> <p>Rice Pasta Salad with Green Beans, Shredded Carrot, and Cherry Tomatoes, White Beans, Balsamic Vinaigrette, OG Milk</p> <p>Watermelon Cucumber Salad with Mint, Rice Cakes</p>	<p>Child-made Whole Wheat Bread & Butter, Fruit</p> <p>Whole Grain Pancakes, Pork Sausage, Fruit Salad, Kale, OG Milk</p> <p>Watermelon Cucumber Salad with Mint, Rice Cakes</p>	<p>Child-made Whole Wheat Bread & Butter, Fruit</p> <p>Chicken Salad, Celery, Grapes Whole Wheat Bread, OG Milk</p> <p>Watermelon Cucumber Salad with Mint, Rice Cakes</p>	<p>Child-made Whole Wheat Bread & Butter, Fruit</p> <p>Egg Frittata with Yellow Squash, Plums, Whole Wheat Bread, OG Milk</p> <p>Watermelon Cucumber Salad with Mint, Rice Cakes</p>
<p>Steel Cut Oatmeal with Berries</p> <p>PB&J Sandwich on Spelt Bread, Yogurt, Carrots, Berries, OG Milk</p> <p>Nectarines, Fresh Mozzarella, Basil, Balsamic Reduction</p>	<p>Steel Cut Oatmeal with Berries</p> <p>Rice Pasta Salad with Green Beans, Shredded Carrot, and Cherry Tomatoes, White Beans, Balsamic Vinaigrette, OG Milk</p> <p>Nectarines, Fresh Mozzarella, Basil, Balsamic Reduction</p>	<p>Steel Cut Oatmeal with Berries</p> <p>Whole Grain Pancakes, Pork Sausage, Fruit Salad, Kale, OG Milk</p> <p>Nectarines, Fresh Mozzarella, Basil, Balsamic Reduction</p>	<p>Steel Cut Oatmeal with Berries</p> <p>Chicken Salad, Celery, Grapes Whole Wheat Bread, OG Milk</p> <p>Nectarines, Fresh Mozzarella, Basil, Balsamic Reduction</p>	<p>Steel Cut Oatmeal with Berries</p> <p>Egg Frittata with Yellow Squash, Plums, Whole Wheat Bread, OG Milk</p> <p>Nectarines, Fresh Mozzarella, Basil, Balsamic Reduction</p>
<p>Child-made whole grain muffins, Nancy's Yogurt</p> <p>PB&J Sandwich on Spelt Bread, Yogurt, Carrots, Berries, OG Milk</p> <p>Spinach Salad with Strawberries and Sunflower Seeds, Balsamic Vinaigrette</p>	<p>Child-made whole grain muffins, Nancy's Yogurt</p> <p>Rice Pasta with Green Beans, Shredded Carrot, and Cherry Tomatoes, White Beans, Balsamic Vinaigrette, OG Milk</p> <p>Spinach Salad with Strawberries and Sunflower Seeds, Balsamic Vinaigrette</p>	<p>Child-made whole grain muffins, Nancy's Yogurt</p> <p>Whole Grain Pancakes, Pork Sausage, Fruit Salad, Kale, OG Milk</p> <p>Spinach Salad with Strawberries and Sunflower Seeds, Balsamic Vinaigrette</p>	<p>Child-made whole grain muffins, Nancy's Yogurt</p> <p>Chicken Salad, Celery, Grapes Whole Wheat Bread, OG Milk</p> <p>Spinach Salad with Strawberries and Sunflower Seeds, Balsamic Vinaigrette</p>	<p>Child-made whole grain muffins, Nancy's Yogurt</p> <p>Egg Frittata with Yellow Squash, Plums, Whole Wheat Bread, OG Milk</p> <p>Spinach Salad with Strawberries and Sunflower Seeds, Balsamic Vinaigrette</p>