

September/October/November

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Steel Cut Oatmeal with Apple Pears or Figs</p> <p>Stuffed Cabbage with Rice, OG Ground Beef, and Tomato; Roasted Potatoes; OG Milk</p> <p>Apples, Cheddar Cheese</p>	<p>Steel Cut Oatmeal with Apple Pears or Figs</p> <p>Chicken and Wild Rice Soup with Celery and Carrots; Pears; OG Milk</p> <p>Apples, Cheddar Cheese</p>	<p>Steel Cut Oatmeal with Apple Pears or Figs</p> <p>Brown Rice Pasta, OG Ground Beef, Tomato Sauce, Broccoli; OG Milk</p> <p>Apples, Cheddar Cheese</p>	<p>Steel Cut Oatmeal with Apple Pears or Figs</p> <p>Pinto Beans and Brown Rice w/ Bell Peppers and Corn; OG Milk</p> <p>Apples, Cheddar Cheese</p>	<p>Steel Cut Oatmeal with Apple Pears or Figs</p> <p>Roasted Chicken w/ Gravy, Brown Rice, Sauteed Kale; OG Milk</p> <p>Apples, Cheddar Cheese</p>
<p>Granola w/ Flax Seed & Dried Cranberries, Yogurt</p> <p>Stuffed Cabbage with Rice, OG Ground Beef, and Tomato; Roasted Potatoes; OG Milk</p> <p>Roasted Chickpeas, Pears</p>	<p>Granola w/ Flax Seed & Dried Cranberries, Yogurt</p> <p>Chicken and Wild Rice Soup with Celery and Carrots; Pears; OG Milk</p> <p>Roasted Chickpeas, Pears</p>	<p>Granola w/ Flax Seed & Dried Cranberries, Yogurt</p> <p>Brown Rice Pasta, OG Ground Beef, Tomato Sauce, Broccoli; OG Milk</p> <p>Roasted Chickpeas, Pears</p>	<p>Granola w/ Flax Seed & Dried Cranberries, Yogurt</p> <p>Pinto Beans and Brown Rice w/ Bell Peppers and Corn; OG Milk</p> <p>Roasted Chickpeas, Pears</p>	<p>Granola w/ Flax Seed & Dried Cranberries, Yogurt</p> <p>Roasted Chicken w/ Gravy, Brown Rice, Sauteed Kale; OG Milk</p> <p>Roasted Chickpeas, Pears</p>
<p>Warm Apple Cider, Waffles</p> <p>Stuffed Cabbage with Rice, OG Ground Beef, and Tomato; Roasted Potatoes; OG Milk</p> <p>Rice Crackers, Hummus</p>	<p>Warm Apple Cider, Waffles</p> <p>Chicken and Wild Rice Soup with Celery and Carrots; Pears; OG Milk</p> <p>Rice Crackers, Hummus</p>	<p>Warm Apple Cider, Waffles</p> <p>Brown Rice Pasta, OG Ground Beef, Tomato Sauce, Broccoli; OG Milk</p> <p>Rice Crackers, Hummus</p>	<p>Warm Apple Cider, Waffles</p> <p>Pinto Beans and Brown Rice w/ Bell Peppers and Corn; OG Milk</p> <p>Rice Crackers, Hummus</p>	<p>Warm Apple Cider, Waffles</p> <p>Roasted Chicken w/ Gravy, Brown Rice, Sauteed Kale; OG Milk</p> <p>Rice Crackers, Hummus</p>
<p>Whole Wheat Toast w/ Almond Butter and Banana</p> <p>Stuffed Cabbage with Rice, OG Ground Beef, and Tomato; Roasted Potatoes; OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>	<p>Whole Wheat Toast w/ Almond Butter and Banana</p> <p>Chicken and Wild Rice Soup with Celery and Carrots; Pears; OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>	<p>Whole Wheat Toast w/ Almond Butter and Banana</p> <p>Brown Rice Pasta, OG Ground Beef, Tomato Sauce, Broccoli; OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>	<p>Whole Wheat Toast w/ Almond Butter and Banana</p> <p>Pinto Beans and Brown Rice w/ Bell Peppers and Corn; OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>	<p>Whole Wheat Toast w/ Almond Butter and Banana</p> <p>Roasted Chicken w/ Gravy, Brown Rice, Sauteed Kale; OG Milk</p> <p>Pumpkin Muffins, Applesauce</p>

*Gluten-free, dairy-free, egg-free, and vegetarian substitutions are available for all meals and snacks. Nut milk served daily along with Dairy.

December/January/February

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baked Apple with Oats</p> <p>Tomato Soup, Grilled Cheese Sandwich, Pears, OG Milk</p> <p>Broccoli, Cheddar Cheese</p>	<p>Baked Apple with Oats</p> <p>Brown Rice Pasta w/ Butternut Squash and Rosemary, Pinto Beans, Brussel Sprouts, OG Milk</p> <p>Broccoli, Cheddar Cheese</p>	<p>Baked Apple with Oats</p> <p>Ratatouille w/ Eggplant, Zucchini, Tomato, & Bell Pepper, Chicken, Rice, OG Milk</p> <p>Broccoli, Cheddar Cheese</p>	<p>Baked Apple with Oats</p> <p>Black Beans, Brown Rice, Avocado, Sweet Potato, OG Milk</p> <p>Broccoli, Cheddar Cheese</p>	<p>Baked Apple with Oats</p> <p>Chili w/ Pinto Beans, Bell Peppers and Tomato, Cornbread Muffins, OG Milk</p> <p>Broccoli, Cheddar Cheese</p>
<p>Whole Grain Pancakes, Bananas</p> <p>Tomato Soup, Grilled Cheese Sandwich, Pears, OG Milk</p> <p>Kale Chips, Cheddar Cheese</p>	<p>Whole Grain Pancakes, Bananas</p> <p>Brown Rice Pasta w/ Butternut Squash and Rosemary, Pinto Beans, Brussel Sprouts, OG Milk</p> <p>Kale Chips, Cheddar Cheese</p>	<p>Whole Grain Pancakes, Bananas</p> <p>Ratatouille w/ Eggplant, Zucchini, Tomato, & Bell Pepper, Chicken, Rice, OG Milk</p> <p>Kale Chips, Cheddar Cheese</p>	<p>Whole Grain Pancakes, Bananas</p> <p>Black Beans, Brown Rice, Avocado, Sweet Potato, OG Milk</p> <p>Kale Chips, Cheddar Cheese</p>	<p>Whole Grain Pancakes, Bananas</p> <p>Chili w/ Pinto Beans, Bell Peppers and Tomato, Cornbread Muffins, OG Milk</p> <p>Kale Chips, Cheddar Cheese</p>
<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Tomato Soup, Grilled Cheese Sandwich, Pears, OG Milk</p> <p>Whole Wheat Cinnamon Muffins, Applesauce</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Brown Rice Pasta w/ Butternut Squash and Rosemary, Pinto Beans, Brussel Sprouts, OG Milk</p> <p>Whole Wheat Cinnamon Muffins, Applesauce</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Ratatouille w/ Eggplant, Zucchini, Tomato, & Bell Pepper, Chicken, Rice, OG Milk</p> <p>Whole Wheat Cinnamon Muffins, Applesauce</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Black Beans, Brown Rice, Avocado, Sweet Potato, OG Milk</p> <p>Whole Wheat Cinnamon Muffins, Applesauce</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Chili w/ Pinto Beans, Bell Peppers and Tomato, Cornbread Muffins, OG Milk</p> <p>Whole Wheat Cinnamon Muffins, Applesauce</p>
<p>Steel Cut Oatmeal, Berries</p> <p>Tomato Soup, Grilled Cheese Sandwich, Pears, OG Milk</p> <p>Potato Wedges and Cheese</p>	<p>Steel Cut Oatmeal, Berries</p> <p>Brown Rice Pasta w/ Butternut Squash and Rosemary, Pinto Beans, Brussel Sprouts, OG Milk</p> <p>Potato Wedges and Cheese</p>	<p>Steel Cut Oatmeal, Berries</p> <p>Ratatouille w/ Eggplant, Zucchini, Tomato, & Bell Pepper, Chicken, Rice, OG Milk</p> <p>Potato Wedges and Cheese</p>	<p>Steel Cut Oatmeal, Berries</p> <p>Black Beans, Brown Rice, Avocado, Sweet Potato, OG Milk</p> <p>Potato Wedges and Cheese</p>	<p>Steel Cut Oatmeal, Berries</p> <p>Chili w/ Pinto Beans, Bell Peppers and Tomato, Cornbread Muffins, OG Milk</p> <p>Potato Wedges and Cheese</p>

*Gluten-free, dairy-free, egg-free, and vegetarian substitutions are available for all meals and snacks. Nut milk served daily along with Dairy.

March/April/May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Orange Slices and Rice Cakes</p> <p>AB&J Sandwiches w/ Almond Butter, Raspberry Jelly, Whole Wheat Bread, OG Milk</p> <p>Rice Crackers and Applesauce</p>	<p>Orange Slices and Rice Cakes</p> <p>Chicken, Broccoli, and Carrot Stir Fry, Brown Rice, OG Milk</p> <p>Rice Crackers and Applesauce</p>	<p>Orange Slices and Rice Cakes</p> <p>Tuna Salad Sandwich w/ Celery, Whole Wheat Bread, Pears, OG Milk</p> <p>Rice Crackers and Applesauce</p>	<p>Orange Slices and Rice Cakes</p> <p>Cabbage and Bean Soup w/ Carrots, Potatoes, Brown Rice, and Sweet Potato Fries, OG Milk</p> <p>Rice Crackers and Applesauce</p>	<p>Orange Slices and Rice Cakes</p> <p>Macaroni and Cheese w/ Rice Pasta, Cheese, Broccoli, Apples, OG Milk</p> <p>Rice Crackers and Applesauce</p>
<p>Whole Grain Pancakes, Bananas</p> <p>AB&J Sandwiches w/ Almond Butter, Raspberry Jelly, Whole Wheat Bread, OG Milk</p> <p>Potato Wedges and Cheese</p>	<p>Whole Grain Pancakes, Bananas</p> <p>Chicken, Broccoli, and Carrot Stir Fry, Brown Rice, OG Milk</p> <p>Potato Wedges and Cheese</p>	<p>Whole Grain Pancakes, Bananas</p> <p>Tuna Salad Sandwich w/ Celery, Whole Wheat Bread, Pears, OG Milk</p> <p>Potato Wedges and Cheese</p>	<p>Whole Grain Pancakes, Bananas</p> <p>Cabbage and Bean Soup w/ Carrots, Potatoes, Brown Rice, and Sweet Potato Fries, OG Milk</p> <p>Potato Wedges and Cheese</p>	<p>Whole Grain Pancakes, Bananas</p> <p>Macaroni and Cheese w/ Rice Pasta, Cheese, Broccoli, Apples, OG Milk</p> <p>Potato Wedges and Cheese</p>
<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>AB&J Sandwiches w/ Almond Butter, Raspberry Jelly, Whole Wheat Bread, OG Milk</p> <p>Cucumbers and Hummus</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Chicken, Broccoli, and Carrot Stir Fry, Brown Rice, OG Milk</p> <p>Cucumbers and Hummus</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Tuna Salad Sandwich w/ Celery, Whole Wheat Bread, Pears, OG Milk</p> <p>Cucumbers and Hummus</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Cabbage and Bean Soup w/ Carrots, Potatoes, Brown Rice, and Sweet Potato Fries, OG Milk</p> <p>Cucumbers and Hummus</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Macaroni and Cheese w/ Rice Pasta, Cheese, Broccoli, Apples, OG Milk</p> <p>Cucumbers and Hummus</p>
<p>Steel Cut Oatmeal, Berries</p> <p>AB&J Sandwiches w/ Almond Butter, Raspberry Jelly, Whole Wheat Bread, OG Milk</p> <p>Whole Wheat Toast w/ Almond Butter and Banana</p>	<p>Steel Cut Oatmeal, Berries</p> <p>Chicken, Broccoli, and Carrot Stir Fry, Brown Rice, OG Milk</p> <p>Whole Wheat Toast w/ Almond Butter and Banana</p>	<p>Steel Cut Oatmeal, Berries</p> <p>Tuna Salad Sandwich w/ Celery, Whole Wheat Bread, Pears, OG Milk</p> <p>Whole Wheat Toast w/ Almond Butter and Banana</p>	<p>Steel Cut Oatmeal, Berries</p> <p>Cabbage and Bean Soup w/ Carrots, Potatoes, Brown Rice, and Sweet Potato Fries, OG Milk</p> <p>Whole Wheat Toast w/ Almond Butter and Banana</p>	<p>Steel Cut Oatmeal, Berries</p> <p>Macaroni and Cheese w/ Rice Pasta, Cheese, Broccoli, Apples, OG Milk</p> <p>Whole Wheat Toast w/ Almond Butter and Banana</p>

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June/July/August

Monday	Tuesday	Wednesday	Thursday	Friday
<p>French Toast, Berry Compote</p> <p>Our Garden Greens, Roasted Chickpeas, GF Croutons, Vegan Caesar Dressing, Pears, OG Milk</p> <p>Nectarine, Fresh Mozzarella, Basil, Balsamic Reduction</p>	<p>French Toast, Berry Compote</p> <p>Rice Pasta with Garlic, Kale, White Beans, and Cherry Tomatoes, and Apples, OG Milk</p> <p>Nectarine, Fresh Mozzarella, Basil, Balsamic Reduction</p>	<p>French Toast, Berry Compote</p> <p>Chicken Salad Sandwich on Whole Wheat Bread, Pickled Cauliflower and Carrots, OG Milk</p> <p>Nectarine, Fresh Mozzarella, Basil, Balsamic Reduction</p>	<p>French Toast, Berry Compote</p> <p>Chicken Breast, Brussel Sprouts, Brown Rice, and Apples, OG Milk</p> <p>Nectarine, Fresh Mozzarella, Basil, Balsamic Reduction</p>	<p>French Toast, Berry Compote</p> <p>Margherita Pizza Toast w/ Whole Wheat Bread, Tomato, Basil, Mozzarella, and Kale Chips, OG Milk</p> <p>Nectarine, Fresh Mozzarella, Basil, Balsamic Reduction</p>
<p>Steel Cut Oatmeal and Cherries</p> <p>Our Garden Greens, Roasted Chickpeas, GF Croutons, Vegan Caesar Dressing, Pears, OG Milk</p> <p>Fruit Salad, Whipped Cream and Rice Crackers</p>	<p>Steel Cut Oatmeal and Cherries</p> <p>Rice Pasta with Garlic, Kale, White Beans, and Cherry Tomatoes, and Apples, OG Milk</p> <p>Fruit Salad, Whipped Cream and Rice Crackers</p>	<p>Steel Cut Oatmeal and Cherries</p> <p>Chicken Salad Sandwich on Whole Wheat Bread, Pickled Cauliflower and Carrots, OG Milk</p> <p>Fruit Salad, Whipped Cream and Rice Crackers</p>	<p>Steel Cut Oatmeal and Cherries</p> <p>Chicken Breast, Brussel Sprouts, Brown Rice, and Apples, OG Milk</p> <p>Fruit Salad, Whipped Cream and Rice Crackers</p>	<p>Steel Cut Oatmeal and Cherries</p> <p>Margherita Pizza Toast w/ Whole Wheat Bread, Tomato, Basil, Mozzarella, and Kale Chips, OG Milk</p> <p>Fruit Salad, Whipped Cream and Rice Crackers</p>
<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Our Garden Greens, Roasted Chickpeas, GF Croutons, Vegan Caesar Dressing, Pears, OG Milk</p> <p>Our Garden Greens, Strawberries, Feta, Balsamic Vinaigrette</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Rice Pasta with Garlic, Kale, White Beans, and Cherry Tomatoes, and Apples, OG Milk</p> <p>Our Garden Greens, Strawberries, Feta, Balsamic Vinaigrette</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Chicken Salad Sandwich on Whole Wheat Bread, Pickled Cauliflower and Carrots, OG Milk</p> <p>Our Garden Greens, Strawberries, Feta, Balsamic Vinaigrette</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Chicken Breast, Brussel Sprouts, Brown Rice, and Apples, OG Milk</p> <p>Our Garden Greens, Strawberries, Feta, Balsamic Vinaigrette</p>	<p>Granola w/ Flax Seed & Dried Apples, Yogurt</p> <p>Margherita Pizza Toast w/ Whole Wheat Bread, Tomato, Basil, Mozzarella, and Kale Chips, OG Milk</p> <p>Our Garden Greens, Strawberries, Feta, Balsamic Vinaigrette</p>
<p>Whole Grain Pancakes, Blueberries</p> <p>Our Garden Greens, Roasted Chickpeas, GF Croutons, Vegan Caesar Dressing, Pears, OG Milk</p> <p>Cucumber Sandwich w/ Cream Cheese</p>	<p>Whole Grain Pancakes, Blueberries</p> <p>Rice Pasta with Garlic, Kale, White Beans, and Cherry Tomatoes, and Apples, OG Milk</p> <p>Cucumber Sandwich w/ Cream Cheese</p>	<p>Whole Grain Pancakes, Blueberries</p> <p>Chicken Salad Sandwich on Whole Wheat Bread, Pickled Cauliflower and Carrots, OG Milk</p> <p>Cucumber Sandwich w/ Cream Cheese</p>	<p>Whole Grain Pancakes, Blueberries</p> <p>Chicken Breast, Brussel Sprouts, Brown Rice, and Apples, OG Milk</p> <p>Cucumber Sandwich w/ Cream Cheese</p>	<p>Whole Grain Pancakes, Blueberries</p> <p>Margherita Pizza Toast w/ Whole Wheat Bread, Tomato, Basil, Mozzarella, and Kale Chips, OG Milk</p> <p>Cucumber Sandwich w/ Cream Cheese</p>

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