

## Week 1

### MONDAY

**Breakfast:** Organic bananas, Annie's cereal, and organic milk

**AM Snack:** Organic cucumber, fresh blackberries, and organic animal crackers

**Lunch:** All-natural chicken and cheese quesadillas (V)cheese quesadillas with organic steamed rice, organic mango and blueberry salad, organic corn, and organic milk

**PM Snack:** Veggie straws and seasonal fresh fruit

### TUESDAY

**Breakfast:** Fresh oranges, Abe's assorted muffins, and organic milk

**AM Snack:** Organic carrots with organic dressing and Annie's bunnies

**Lunch:** Homemade chicken noodle soup with mixed veggies (V)vegetable soup, organic crackers, cheddar cheese, fresh melon, and organic milk

**PM Snack:** Nature's Bakery bars and assorted fresh fruit

### WEDNESDAY

**Breakfast:** Chobani Greek yogurt, organic fruit bars, and organic milk

**AM Snack:** Organic sweet cherries and organic graham crackers

**Lunch:** (V)Grilled cheese sandwiches on wheat bread with organic tomato soup, green apple, kale, and raisin salad, and organic milk

**PM Snack:** Clif-Kids Zbars and seasonal fresh fruit

### THURSDAY

**Breakfast:** Organic waffles with pure maple syrup, organic strawberries, and organic milk

**AM Snack:** Organic pita chips with avocado dip and organic mozzarella cheese

**Lunch:** Organic spaghetti with organic tomato and meat sauce (hidden spinach) (V)tomato sauce, oven roasted parmesan garlic cauliflower, fresh rolls, and organic milk

**PM Snack:** Pipcorn cheese snacks and seasonal fresh fruit

### FRIDAY

**Breakfast:** Organic smoothies, wheat toast with organic jelly, and organic milk

**AM Snack:** Organic pineapple and organic green pea snack crisps

**Lunch:** Organic chicken nuggets (V)veggie nuggets with organic ketchup, steamed organic green beans, organic mashed potatoes, and organic milk

**PM Snack:** Hippeas puffs and seasonal fresh fruit

## Week 2

### MONDAY

**Breakfast:** Organic bananas, 365 organic cereal, and organic milk

**AM Snack:** Organic fresh broccoli with organic dressing and Annie's bunnies

**Lunch:** Organic chicken alfredo (V)meat-free sauce with organic spinach, fresh bread, fresh strawberries, and organic milk

**PM Snack:** That's It fruit bars and seasonal fresh fruit

### TUESDAY

**Breakfast:** Annie's cinnamon rolls, organic raisins, fresh raspberries, and organic milk

**AM Snack:** Organic celery with organic dressing and organic cheddar crackers

**Lunch:** All-natural rotisserie chicken tacos (V)bean and cheese burritos, steamed organic brown rice, roasted bell peppers, and organic sliced pineapple

**PM Snack:** Cascadian Farms organic cereal and seasonal fresh fruit

### WEDNESDAY

**Breakfast:** Organic yogurt protein parfaits, vegetable muffins, and organic milk

**AM Snack:** Organic mozzarella cheese, fresh tomatoes, and organic round crackers

**Lunch:** All-natural turkey and cheese sandwiches on wheat bread (V)cheese sandwiches, organic applesauce, fresh snap peas, vegetable crackers, and organic milk

**PM Snack:** Pirate's Booty cheddar puffs and seasonal fresh fruit

### THURSDAY

**Breakfast:** Organic pancakes and pure maple syrup, organic applesauce, and organic milk

**AM Snack:** All-natural mandarin orange cups and organic rice rollers

**Lunch:** (V)Whole Foods Market cheese pizza, organic steamed peas, organic blueberries, and organic milk

**PM Snack:** Veggie straws and seasonal fresh fruit

### FRIDAY

**Breakfast:** Sunflower butter and organic honey sandwiches, fresh apples, and organic milk

**AM Snack:** Organic mixed berries and 365 saltine crackers

**Lunch:** (V)Annie's organic mac & cheese (hidden squash), fish sticks with organic ketchup, fresh sliced rainbow veggies with organic dip, and organic milk

**PM Snack:** Organic O's cereal, raisins, and seasonal fresh fruit

We serve high quality meals each day for our students that exceed federal and state quality standards. We do not serve items that are listed on Whole Foods "no" list:

<https://www.wholefoodsmarket.com/quality-standards/food-ingredient-standards>

Children 1-2 years of age are served whole organic milk and children 3-6 years of age are served 2% organic milk. All meals are served with water. While we try our very best to source organic, fresh, and natural food items, we may need to substitute with other items if the original item is out of stock.

(V)Students who are signed up for our vegetarian meal plan will receive meatless meals.