

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>AM Snack: Watermelon with string cheese</p> <p>Lunch: Ropa vieja, white rice, and black beans</p> <p>Vegetarian: Spaghetti squash, white rice, and black beans</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Bean puree soup</p> <p>PM Snack: Acai yogurt</p>
<p>4</p> <p>AM Snack: Organic oat cereal and milk</p> <p>Lunch: Chicken teriyaki, white rice, and glazed carrots</p> <p>Vegetarian: tofu teriyaki, white rice and glazed carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of chickpea</p> <p>PM Snack: Cut apples with wheat crackers</p>	<p>5</p> <p>AM Snack: Scrambled eggs with wheat tortilla</p> <p>Lunch: Ground turkey, refried beans, yellow rice with peas and carrots</p> <p>Vegetarian: ground lentils, refried beans, and yellow rice with peas and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Tomato bisque</p> <p>PM Snack: Vanilla yogurt and banana</p>	<p>6</p> <p>AM Snack: Wheat toast with cottage cheese</p> <p>Lunch: Vegetable marinara, bowtie pasta, with white beans and peas</p> <p>Vegetarian: Vegetable Marinara, bowtie pasta, with white beans and peas</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and rice</p> <p>PM Snack: Strawberry yogurt with fresh fruit</p>	<p>7</p> <p>AM Snack: French toast with maple syrup and wild strawberry jam</p> <p>Lunch: Beef in gravy, roasted potatoes, and roasted squash</p> <p>Vegetarian: Chickpea stew, roasted potatoes, and roasted squash</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of Broccoli</p> <p>PM Snack: Cucumber sticks and turkey rolls</p>	<p>8</p> <p>AM Snack: Vanilla yogurt with mango</p> <p>Lunch: Bbq chicken, sweet potato puree and roasted broccoli</p> <p>Vegetarian: Bbq baked beans with sweet potato puree and broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of corn soup</p> <p>PM Snack: Apple sauce with baked cinnamon apples</p>
<p>11</p> <p>AM Snack: Organic oat Cereal with milk</p> <p>Lunch: Pulled mojo turkey, pilaf rice, with white beans</p> <p>Vegetarian: white bean stew with yellow rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of lentil</p> <p>PM Snack: String cheese and watermelon with berries</p>	<p>12</p> <p>AM Snack: Banana and oat muffins</p> <p>Lunch: Curry chicken and chickpea stew, white rice, and quinoa</p> <p>Vegetarian: Curry chickpea stew with white rice and quinoa</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of squash</p> <p>PM Snack: Strawberry yogurt with fresh fruit</p>	<p>13</p> <p>AM Snack: Baked cinnamon apples with honey oat crackers</p> <p>Lunch: Three cheese mac and cheese, peas and carrots with garden salad</p> <p>Vegetarian: Three cheese mac and cheese, peas and carrots with a garden salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and vegetable soup</p> <p>PM Snack: Tapioca pudding</p>	<p>14</p> <p>AM Snack: Corn bread with organic ghee</p> <p>Lunch: Pulled lemon chicken, potato puree, roasted cauliflower and broccoli</p> <p>Vegetarian: Seared lemon tofu, potato puree, roasted cauliflower and broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Red bean soup</p> <p>PM Snack: Mozzarella and tomato wheel with evoo</p>	<p>15</p> <p>AM Snack: Apple muffins</p> <p>Lunch: Vaca frita, corn rice, with carrots and squash</p> <p>Vegetarian: Chickpeas, corn rice, with carrots and squash</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: split pea</p> <p>PM Snack: Sliced pear with cottage cheese</p>

<p>18</p> <p>AM Snack: Milk and organic oat cereal</p> <p>Lunch: chicken in tomato sauce with white rice and steamed peas Vegetarian: squash in red sauce with white rice and peas Dessert: Fresh Cut Fruit Soup: Cream of chickpea</p> <p>PM Snack: Whole grain crackers with guacamole</p>	<p>19</p> <p>AM Snack: Mini pancakes with fresh berries</p> <p>Lunch: Meatballs with mash potato, and glazed carrots Vegetarian: vegetable meatball, mash potato, and glazed carrots Dessert: Fresh Cut Fruit Soup: Cream of carrot</p> <p>PM Snack: Fresh apples with cinnamon cottage cheese</p>	<p>20</p> <p>AM Snack: Vanilla yogurt with fresh fruit</p> <p>Lunch: Sancocho chicken and vegetables, white rice, and plantains Vegetarian: Vegetable and chickpea sancocho, white rice, and plantains Dessert: Fresh Cut Fruit</p> <p>Soup: Tomato Bisque</p> <p>PM Snack: String cheese and cracker</p>	<p>21</p> <p>AM Snack: Classroom Christmas Parties</p> <p>Lunch: Beef and vegetable stew, with macaroni pasta Vegetarian: Bean and vegetable stew with macaroni pasta Dessert: Fresh Cut Fruit Soup: Cream of Broccoli</p> <p>PM Snack: Vanilla pudding</p>	<p>22</p> <p>Teacher Planning Day</p> <p>No School</p>
<p>Christmas Break - No School</p>				

*Menus are subject to change from week to week based on food shortages and high demand