

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Winter Break No school	2 Winter Break No school	3 Winter Break No school
6 AM Snack: Organic oat cereal with organic milk Lunch: Macaroni pasta with Marinara. Side of steamed peas & carrots Vegetarian: Macaroni pasta with Marinara. Side of steamed peas and carrots Dessert: Fresh Cut Fruit Soup: Cream of lentil PM Snack: Fresh whole banana	7 AM Snack: Organic blueberry muffin Lunch: Ground Turkey, black bean & rice. Side of buttered corn. Vegetarian: White rice & refried beans. Side of buttered corn Dessert: Fresh Cut Fruit Soup: Cream of Broccoli PM Snack: Organic string cheese with organic wheat crackers	8 AM Snack: Fresh fruit salad with toasted organic granola Lunch: Meatballs with mashed potatoes. Side of oven roasted broccoli Vegetarian: White bean soup. Mashed potatoes & a side of oven roasted broccoli Dessert: Fresh Cut Fruit Soup: chicken soup PM Snack: Whole grain bread with cheddar cheese	9 AM Snack: Fresh cut apple with organic whipped cream cheese Lunch: Ground beef, quinoa rice with side of steamed carrots & cauliflower medley Vegetarian: Black bean stew. Quinoa rice & a side of steamed carrots & cauliflower medley Dessert: Fresh Cut Fruit Soup: Tomato Bisque PM Snack: Organic vanilla yogurt with berries	10 AM Snack: Organic banana bread Lunch: Baked chicken tenders with a side of orzo pasta with evoo and sauteed butternut squash Vegetarian: Baked tofu bites with a side of orzo pasta with evoo and diced squash Dessert: Fresh Cut Fruit Soup: Cream of spinach PM Snack: Toddler cheese and granola mix
13 AM Snack: Organic oat cereal with organic milk Lunch: Shredded chicken mixed with yellow rice. Side of steamed peas and carrots Vegetarian: Vegetable medley mixed with yellow rice. Side of steamed peas & carrots Dessert: Fresh Cut Fruit Soup: Lentil soup PM Snack: Fresh watermelon with organic string cheese	14 AM Snack: Organic naan bread with whipped cream cheese Lunch: Lemon & herb baked chicken with a side of mashed potatoes. Steamed buttered peas & cauliflower Vegetarian: Lemon chickpea soup, mashed potatoes. Side of steamed buttered peas & cauliflower Dessert: Fresh Cut Fruit Soup: Mixed Vegetable Soup PM Snack: Organic vanilla yogurt with sliced orange	15 AM Snack: Organic strawberry yogurt with toasted organic granola Lunch: Ground lean beef, sweet plantains with a side of and roasted corn & carrots Vegetarian: Refried beans, sweet plantains with a side of roasted corn & carrots Dessert: Fresh Cut Fruit Soup: Cream of Broccoli PM Snack: Organic apple and strawberry puree	16 AM Snack: Organic egg salad mixed with organic greek yogurt. Side of carrots sticks Lunch: Grilled Cheese on MultiGrain Bread with side of home fries Vegetarian: Grilled cheese on MultiGrain Bread with side of home fries Dessert: Fresh Cut Fruit Soup: Tomato Bisque PM Snack: Whole banana	17 AM Snack: Organic blueberry muffin Lunch: Ground Turkey in cream sauce with a side of pigeon pea rice & green bean salad Vegetarian: White bean and vegetable soup, with a side of white rice & green bean salad Dessert: Fresh Cut Fruit Soup: Cream of corn PM Snack: Fresh cut pears with raspberry cream cheese

January 2025

<p style="text-align: center;">20</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Holiday - MLK Jr.</p>	<p style="text-align: center;">21</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Beef fried rice, side of vegetable medley with fresh lettuce and carrots</p> <p>Vegetarian: Roasted tofu, side of fried rice & vegetable medley with fresh lettuce and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of asparagus</p> <p>PM Snack: Fresh banana with organic wheat crackers</p>	<p style="text-align: center;">22</p> <p>AM Snack: Organic egg salad mixed with organic greek yogurt & side of carrot sticks</p> <p>Lunch: Homemade Mac and cheese, Side of white beans & diced cucumbers</p> <p>Vegetarian: Homemade Mac and cheese, Side of white beans & diced cucumbers</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken noodle soup</p> <p>PM Snack: Fresh cut fruit salad with toasted oats</p>	<p style="text-align: center;">23</p> <p>AM Snack: Fresh cut apple with a organic honey whipped cream cheese</p> <p>Lunch: Ground turkey mixed with diced peppers and onions, side of white rice.</p> <p>Vegetarian: Ground lentils with peppers and onions, side of white rice & black beans</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Mix vegetable soup</p> <p>PM Snack: Whole grain bread with organic chicken salad</p>	<p style="text-align: center;">24</p> <p>AM Snack: Organic banana bread</p> <p>Lunch: Beef sliders, home baked fries, side of sliced tomato</p> <p>Vegetarian: Vegetarian patty, home baked fries, side of sliced tomatoes</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of Zucchini</p> <p>PM Snack: Toddler cheese and granola mix</p>
<p style="text-align: center;">27</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Diced chicken with pineapple side of white rice and sweet plantains</p> <p>Vegetarian: diced tofu with pineapples, side of white rice and sweet plantains</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of carrot</p> <p>PM Snack: Fresh watermelon with organic string cheese</p>	<p style="text-align: center;">28</p> <p>AM Snack: Organic vanilla yogurt with acai</p> <p>Lunch: Lean ground beef, side of roasted cauliflower and asparagus, and buttered corn rice</p> <p>Vegetarian: Refried beans, side of roasted cauliflower and asparagus and buttered corn rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of broccoli</p> <p>PM Snack: Organic and strawberry puree</p>	<p style="text-align: center;">29</p> <p>AM Snack: Organic egg salad mixed with organic greek yogurt and whole grain bread</p> <p>Lunch: whole grain pasta with marinara sauce &, green bean salad</p> <p>Vegetarian: whole grain pasta with marinara sauce &, green bean salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of chicken and rice</p> <p>PM Snack: Organic vanilla yogurt with sliced orange</p>	<p style="text-align: center;">30</p> <p>AM Snack: Organic strawberry yogurt with toasted organic granola</p> <p>Lunch: Ground turkey chili with mixed vegetables, side of roasted potatoes.</p> <p>Vegetarian: bean chili with mixed vegetables, side of roasted potatoes</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of cauliflower</p> <p>PM Snack: Fresh cut orange with whole grain crackers</p>	<p style="text-align: center;">31</p> <p>AM Snack: Organic blueberry muffin</p> <p>Lunch: Baked chicken tenders, side of mashed potatoes, and buttered corn</p> <p>Vegetarian: Baked tofu bites, side of mashed potatoes, and buttered corn</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: cheese soup</p> <p>PM Snack: Fresh cut pears with raspberry cream cheese</p>

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