

		<p style="text-align: center;"><b>1</b></p> <p><b>AM Snack:</b> Chicken salad made with organic greek yogurt and sliced pita bread</p> <p><b>Lunch:</b> Cheese tortellini with cheesy artichoke sauce, and a citrus lentil salad with fresh bell peppers</p> <p><b>Vegetarian:</b> Cheese tortellini with cheesy artichoke sauce, and a citrus lentil salad with fresh bell peppers</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Chicken and noodle</p> <p><b>PM Snack:</b> Cottage cheese with diced berries</p>	<p style="text-align: center;"><b>2</b></p> <p><b>M Snack:</b> Organic pumpkin bread</p> <p><b>Lunch:</b> Roasted diced chicken , tomato seasoned rice, and coleslaw with broccoli</p> <p><b>Vegetarian:</b> Refried beans, tomato seasoned rice, and coleslaw with broccoli</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of pumpkin</p> <p><b>PM Snack:</b> Fresh fruit salad with organic toasted granola on the side</p>	<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;"><b>No School</b></p> <p style="text-align: center;"><b>Teacher Planning Day</b></p>
<p style="text-align: center;"><b>6</b></p> <p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Lean ground beef, cilantro rice, and mixed mango tomato black bean salad</p> <p><b>Vegetarian:</b> Bean stew with mix vegetables and cilantro rice</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of vegetables</p> <p><b>PM Snack:</b> Organic Watermelon with whole wheat crackers</p>	<p style="text-align: center;"><b>7</b></p> <p><b>AM Snack:</b> Organic homemade cornbread muffins</p> <p><b>Lunch:</b> Pulled chicken, quinoa with rice and steamed broccoli</p> <p><b>Vegetarian:</b> Roasted tofu with quinoa and rice, and steamed broccoli</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of potato</p> <p><b>PM Snack:</b> Organic vanilla yogurt with mixed berries</p>	<p style="text-align: center;"><b>8</b></p> <p><b>AM Snack:</b> Egg salad made with organic greek yogurt and naan bread</p> <p><b>Lunch:</b> Bowtie pasta with mushroom cream sauce, side of white beans and diced carrots</p> <p><b>Vegetarian:</b> Bowtie pasta with mushroom cream sauce, side of white beans and diced carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Beef and noodle soup</p> <p><b>PM Snack:</b> Organic string cheese with pineapple</p>	<p style="text-align: center;"><b>9</b></p> <p><b>AM Snack:</b> Organic overnight oats and strawberry smoothie</p> <p><b>Lunch:</b> Pulled turkey in a light tomato broth, sweet potato puree, and steamed green beans</p> <p><b>Vegetarian:</b> Chickpea in tomato broth, sweet potato puree, with steamed green beans</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of cauliflower</p> <p><b>PM Snack:</b> Fresh whole banana</p>	<p style="text-align: center;"><b>10</b></p> <p><b>AM Snack:</b> Homemade biscuits with fruit jam</p> <p><b>Lunch:</b> Wild caught fish sticks, with buttered egg noodles, and baked zucchini and yellow squash</p> <p><b>Vegetarian:</b> Crusted tofu sticks, with buttered egg noodles, and baked zucchini and yellow squash</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of mushroom</p> <p><b>PM Snack:</b> Fresh cut apples with raspberry cream cheese</p>
<p style="text-align: center;"><b>13</b></p> <p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Creamy shredded chicken with saffron rice, and sweet peas</p> <p><b>Vegetarian:</b> white bean and saffron rice with peas and carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Mix vegetable soup</p> <p><b>PM Snack:</b> Fresh cut apples and oranges</p>	<p style="text-align: center;"><b>14</b></p> <p><b>AM Snack:</b> Organic banana bread</p> <p><b>Lunch:</b> Lean ground beef, cilantro rice, tortilla, sour cream, sauteed bell peppers and onions</p> <p><b>Vegetarian:</b> Refried beans, cilantro rice, tortilla, sour cream, and bell peppers and onions</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of asparagus</p> <p><b>PM Snack:</b> Fresh Fruit salad with toasted organic oats on the side</p>	<p style="text-align: center;"><b>15</b></p> <p><b>AM Snack:</b> Chicken salad made with organic greek yogurt and whole grain bread</p> <p><b>Lunch:</b> Vegetable blend tomato sauce, whole grain pasta, green beans and shredded carrots</p> <p><b>Vegetarian:</b> Vegetable Blend tomato sauce, whole grain pasta, and green beans with shredded carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of chicken and rice</p> <p><b>PM Snack:</b> Organic Vanilla yogurt with diced peach</p>	<p style="text-align: center;"><b>16</b></p> <p><b>AM Snack:</b> Sliced fresh apples with whipped honey cream</p> <p><b>Lunch:</b> Roasted crusted chicken, red beans in rice, and steamed buttered carrots with corn</p> <p><b>Vegetarian:</b> Roasted diced tofu, red beans in rice, and steamed buttered carrots with corn</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of cauliflower</p> <p><b>PM Snack:</b> String cheese with organic multigrain crackers</p>	<p style="text-align: center;"><b>17</b></p> <p><b>AM Snack:</b> Overnight organic oats with berries</p> <p><b>Lunch:</b> BBQ meatballs, roasted diced potatoes, with steamed cauliflower and broccoli</p> <p><b>Vegetarian:</b> Vegetarian meatball, roasted potatoes, with steamed cauliflower and broccoli</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Red bean soup</p> <p><b>PM Snack:</b> Organic strawberry yogurt with diced strawberry</p>

<p style="text-align: center;"><b>20</b></p> <p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Sweet and sour shredded chicken with diced pineapple and diced peppers, white rice and sweet plantains</p> <p><b>Vegetarian:</b> Sweet and sour tofu with diced pineapples and peppers, white rice and plantains</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Split pea</p> <p><b>PM Snack:</b> Organic fresh cut watermelon and organic whole grain crackers</p>	<p style="text-align: center;"><b>21</b></p> <p><b>AM Snack:</b> Organic blueberry muffin</p> <p><b>Lunch:</b> Pulled beef, red beans with mixed vegetables, and white rice</p> <p><b>Vegetarian:</b> Red bean with diced potatoes, mix vegetables and white rice</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of potato</p> <p><b>PM Snack:</b> Organic String cheese with diced pineapple and blueberries</p>	<p style="text-align: center;"><b>22</b></p> <p><b>AM Snack:</b> Cheddar cheese egg muffin</p> <p><b>Lunch:</b> Homemade three cheese macaroni pasta, with white beans and riced cauliflower</p> <p><b>Vegetarian:</b> Homemade three cheese macaroni pasta, with white beans and riced cauliflower</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Chicken and potato soup</p> <p><b>PM Snack:</b> Organic homemade cornbread muffin</p>	<p style="text-align: center;"><b>23</b></p> <p><b>AM Snack:</b> Strawberry yogurt with organic granola</p> <p><b>Lunch:</b> Lean ground turkey, black bean rice with peppers and steamed corn</p> <p><b>Vegetarian:</b> Lentil stew, black bean rice, with peppers and steamed corn</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Tomato Bisque</p> <p><b>PM Snack:</b> Organic Whole banana</p>	<p style="text-align: center;"><b>24</b></p> <p><b>AM Snack:</b> Cottage cheese with sliced green apples</p> <p><b>Lunch:</b> Homemade chicken tenders, tater tots, and steamed buttered green beans</p> <p><b>Vegetarian:</b> Vegan patty, cheesy mash potatoes, and buttered corn</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of broccoli</p> <p><b>PM Snack:</b> Toddler snack bundle (dried fruit, cheese, organic granola and oats).</p>
<p style="text-align: center;"><b>27</b></p> <p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Tomato basil meatballs, cauliflower and grain rice, with steamed peas</p> <p><b>Vegetarian:</b> tomato basil beans, cauliflower and grain rice, with steamed peas</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of black bean</p> <p><b>PM Snack:</b> Fresh organic bananas with and whole grain crackers</p>	<p style="text-align: center;"><b>28</b></p> <p><b>AM Snack:</b> Organic pumpkin muffin</p> <p><b>Lunch:</b> Chicken bits, rice with pigeon peas, and steamed carrots</p> <p><b>Vegetarian:</b> pigeon pea stew, white rice, and steamed peas and carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> cream of cauliflower</p> <p><b>PM Snack:</b> String cheese with diced watermelon</p>	<p style="text-align: center;"><b>29</b></p> <p><b>AM Snack:</b> Chicken salad made with organic greek yogurt and sliced apples</p> <p><b>Lunch:</b> Ground turkey with tomato sauce, whole grain pasta, and a tomato and cucumber salad</p> <p><b>Vegetarian:</b> Ground tofu with tomato sauce, whole grain pasta, and a tomato and cucumber salad</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of potato</p> <p><b>PM Snack:</b> Naan bread with cottage cheese</p>	<p style="text-align: center;"><b>30</b></p> <p><b>AM Snack:</b> Fresh fruit salad with toasted oats</p> <p><b>Lunch:</b> Beef with peppers, sweet potato mash, and buttered corn</p> <p><b>Vegetarian:</b> Tofu with peppers and onions, sweet potato mash, and buttered corn</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of Broccoli</p> <p><b>PM Snack:</b> Homemade organic vanilla pudding with honey crackers crumbles</p>	