

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>AM Snack: French Toast with wild blueberries</p> <p>Lunch: Ground turkey with white rice, and white beans with carrots and celery</p> <p>Vegetarian: Ground lentils with white rice, and white beans with carrots and celery</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Vegetable soup</p> <p>PM Snack: Baked cinnamon apples with wheat crackers</p>	<p>2</p> <p>Teacher Planning Day</p> <p>No School</p>
<p>5</p> <p>AM Snack: Organic oat cereal with Milk</p> <p>Lunch: Roasted chicken, sweet potato puree, with steamed peas</p> <p>Vegetarian: White bean,, sweet potato puree, and steamed peas</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of corn</p> <p>PM Snack: String cheese with melon</p>	<p>6</p> <p>AM Snack: Cream cheese , blueberry jam on whole grain Bread</p> <p>Lunch: Ground turkey bolognese, with steamed Broccoli and cauliflower</p> <p>Vegetarian: Tofu and vegetable bolognese, with steamed broccoli and cauliflower</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Vegetable soup</p> <p>PM Snack: Diced apples raspberry sauce</p>	<p>7</p> <p>AM Snack: Blueberry Muffin</p> <p>Lunch: Three bean stew with potatoes, white rice, and a cucumber tomato salad</p> <p>Vegetarian:Three bean stew with potatoes, white rice, and a cucumber and tomato salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and noodle</p> <p>PM Snack: Acai yogurt with diced berries</p>	<p>8</p> <p>AM Snack: Pancakes with organic banana maple syrup</p> <p>Lunch: Beef in gravy, roasted potatoes, and roasted zucchini and carrots</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 ranch dip</p>	<p>9</p> <p>AM Snack: Mini Naan Bread with grape jam</p> <p>Lunch: Ground chicken, quinoa rice with peas and carrots</p> <p>Vegetarian: Black bean stew, quinoa rice, with peas and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Red Bean Soup</p> <p>PM Snack: Guacamole with organic whole wheat cracker</p>

<p style="text-align: center;">12</p> <p>AM Snack: Organic oat Cereal and milk</p> <p>Lunch: Arroz con pollo and vegetables with sweet plantains, Vegetarian: Vegetable yellow rice and pigeon pea, with sweet plantains, Dessert: Fresh Cut Fruit Soup: lentil soup</p> <p>PM Snack: Banana with string cheese</p>	<p style="text-align: center;">13</p> <p>AM Snack: Organic Banana Bread</p> <p>Lunch: pulled salmon in cream sauce, rotini pasta, and broccoli slaw Vegetarian: Peas in cream sauce with rotini pasta, and a garden salad Dessert: Fresh Cut Fruit Soup: Cream of chickpea</p> <p>PM Snack: Cut apples with organic wheat crackers</p>	<p style="text-align: center;">14</p> <p>AM Snack: Organic Apple and oat Muffin</p> <p>Lunch: White bean stew with chicken sausage, white rice, and parm crusted broccoli Vegetarian: White bean stew with white rice, and broccoli Dessert: Fresh Cut Fruit Soup: Chicken noodle Soup</p> <p>PM Snack: Organic strawberry with berries</p>	<p style="text-align: center;">15</p> <p>AM Snack: Cheese quesadillas on organic whole wheat tortilla</p> <p>Lunch: Ground chicken, potato puree, and green beans Vegetarian: Black bean stew, white rice, with steamed carrots Dessert: Fresh Cut Fruit Soup: Red Bean Soup</p> <p>Pm Snack: Fresh cut fruit salad</p>	<p style="text-align: center;">16</p> <p>AM Snack: Organic Vanilla yogurt with bananas</p> <p>Lunch: Ropa vieja with mixed peppers and onions, white rice, and black beans Vegetarian: Spaghetti squash, white rice, and black beans Dessert: Fresh Cut Fruit Soup: Creamed spinach soup</p> <p>PM Snack: Cream cheese and fruit jam with organic whole grain crackers</p>
<p style="text-align: center;">19</p> <p style="text-align: center;">No School (Presidents' Day)</p>	<p style="text-align: center;">20</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Ground turkey, refried beans, yellow rice with peas and carrots Vegetarian: ground lentils, refried beans, and yellow rice with peas and carrots Dessert: Fresh Cut Fruit Soup: Tomato bisque</p> <p>PM Snack: String cheese and fresh cantaloupe</p>	<p style="text-align: center;">21</p> <p>AM Snack: Wheat toast with strawberry cottage cheese</p> <p>Lunch: Vegetable marinara, bowtie pasta, with white beans and yellow squash Vegetarian: Vegetable Marinara, bowtie pasta, with white beans and yellow squash Dessert: Fresh Cut Fruit Soup: Chicken and rice</p> <p>PM Snack: Cucumber and cherry tomatoes with ranch</p>	<p style="text-align: center;">22</p> <p>AM Snack: Peach with Organic cottage cheese</p> <p>Lunch: Pulled lemon chicken, Arroz morro,, roasted cauliflower and carrots Vegetarian: Seared lemon tofu, Arroz moro, roasted cauliflower and broccoli Dessert: Fresh Cut Fruit Soup: Spit pea soup</p> <p>PM Snack: Caprese sliders with whole grain bread</p>	<p style="text-align: center;">23</p> <p>AM Snack: Cinnamon baked apples with honey cracker</p> <p>Lunch: Beef and vegetable stew, with cauliflower and grain rice Vegetarian: Bean and vegetable stew with macaroni pasta Dessert: Fresh Cut Fruit Soup: Cream of Broccoli</p> <p>PM Snack: Tapioca pudding</p>
<p style="text-align: center;">26</p> <p>AM Snack: Organic Oat cereal with organic milk</p> <p>Lunch: Meatballs with mash potato, corn and carrots Vegetarian: vegetable meatball, mash potato, and glazed carrots Dessert: Fresh Cut Fruit Soup: Cream of lentil</p> <p>PM Snack: String cheese and grapes</p>	<p style="text-align: center;">27</p> <p>AM Snack: Blueberry muffin</p> <p>Lunch: beef teriyaki, white rice, and green bean salad Vegetarian: tofu teriyaki, white rice and glazed carrots Dessert: Fresh Cut Fruit Soup: Cream of chickpea</p> <p>PM Snack: Baked peach with fresh vanilla whip cream</p>	<p style="text-align: center;">28</p> <p>AM Snack: French toast with wild blueberry</p> <p>Lunch: Chickpea and mix vegetable stew, with whole grain pasta Vegetarian: Chickpea and vegetable stew, with whole grain pasta Dessert: Fresh Cut Fruit Soup: Tomato Bisque</p> <p>PM Snack: Guacamole with organic whole wheat crackers</p>	<p style="text-align: center;">29</p> <p>AM Snack: Banana and Organic whole grain crackers</p> <p>Lunch: Sancocho chicken and vegetables, and white rice Vegetarian: Red bean and vegetable stew with white rice, Dessert: Fresh Cut Fruit Soup: Tomato Bisque</p> <p>PM Snack: Organic Vanilla yogurt with fresh fruit</p>	

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