

BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN  
**NUTRITIOUS AND INNOVATIVE MENUS**  
 EARLY CHILDHOOD EDUCATION



MONDAY   7	TUESDAY   8	WEDNESDAY   9	THURSDAY   10	FRIDAY   11
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**BREAKFAST**

<b>NO</b>	<b>NO</b>	Cinnamon French Toast Bites <b>V</b> with Syrup	Mini Blueberry Waffles <b>V</b> with Syrup	<b>NO</b>
<b>SCHOOL</b>	<b>SCHOOL</b>	Fresh Banana	Orange Smiles	<b>SCHOOL</b>

Daily offerings include assorted cereal bowls, graham crackers and **fresh sliced apples**. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. **V** denotes vegetarian choices (including milk and eggs) and **VE** denotes vegan choices. Locally Sourced items noted in **green**. This menu is subject to change and based upon product availability.

**LUNCH**

<b>NO</b>	<b>NO</b>	Chicken and Broccoli Alfredo with Twisted Breadstick	Southwest BBQ Chicken Pizza	<b>NO</b>
<b>SCHOOL</b>	<b>SCHOOL</b>	Grilled Cheese Sandwich <b>V</b>	Baked Tofu & Veggie Lo Mein <b>V</b>	<b>SCHOOL</b>
		Roasted Broccoli & Carrots	Roasted Broccoli	
		Pineapple Tidbits	Applesauce	

All meals include choice of unflavored low-fat or skim. All grain products are whole grain rich. **V** denotes vegetarian choices (includes milk and eggs) and **VE** denotes vegan choices. This menu is subject to change and based upon product availability.

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MONDAY | 14      TUESDAY | 15      WEDNESDAY | 16      THURSDAY | 17      FRIDAY | 18

**BREAKFAST**

<b>Hearty Oatmeal <b>VE</b></b> <i>With Warm Berries</i>	<b>French Toast Sticks <b>VE</b></b> <i>with Syrup</i>	<b>Blueberry Muffin <b>VE</b></b> <i>with String Cheese</i>	<b>Cinnamon Mini Bagels <b>V</b></b>	<b>Apple Strudel Stick <b>V</b></b>
<i>Warm Berries</i>	<i>Pineapple Tidbits</i>	<i>Orange Smiles</i>	<i>Fresh Banana</i>	<i>Fresh Apple Slices</i>

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**LUNCH**

<b>Jamaican Jerk Chicken</b> <i>with Brown Rice</i>	<b>Grecian Chicken and Citrus Rice Bowl with Roasted Chickpeas</b>	<b>Chicken Ceasar Wrap</b>	<b>World of Flavors Harissa Chicken with Brown Rice</b>	<b>Baja Fish Tacos</b>
<b>Classic Hummus Box <b>VE</b></b>	<b>Mediterranean Flatbread <b>V</b></b>	<b>Bean &amp; Cheese Nachos <b>V</b></b>	<b>Vegetarian Paella and Edamame <b>V</b> With Dinner Roll</b>	<b>Chana Masala <b>VE</b> With Oven Fired Flatbread <b>V</b></b>
<i>Seasoned Black Beans</i>	<i>Citrus Glazed Carrots</i>	<i>Roasted Mexican Corn</i>	<i>Roasted Cauliflower</i>	<i>Sauteed Spinach</i>
<i>Orange Wedges</i>	<i>Fresh Whole Apple</i>	<i>Fresh Banana</i>	<i>Baked Cinnamon Apples</i>	<i>Fresh Banana</i>

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MONDAY | 21      TUESDAY | 22      WEDNESDAY | 23      THURSDAY | 24      FRIDAY | 25

**BREAKFAST**

Apple Strudel Stick <b>V</b>	Blueberry Muffin <b>V</b> with String Cheese	<b>NO</b>	<b>NO</b>	<b>NO</b>
Diced Peaches	Orange Smiles	<b>SCHOOL</b>	<b>SCHOOL</b>	<b>SCHOOL</b>

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**LUNCH**

	<b>Brunch-Giving</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>
Cheese Pizza <b>V</b>	Pulled Turkey With Maple Mustard Sauce	<b>SCHOOL</b>	<b>SCHOOL</b>	<b>SCHOOL</b>
Veggie Pizza <b>V</b>	Vegan Rainbow Chili <b>VE</b> with Brown Rice			
Roasted Broccoli	Seasoned Green Beans Garlic Mashed Potatoes with Gravy			
Orange Wedges	Baked Cinnamon Apples			

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MONDAY | 28

TUESDAY | 29

WEDNESDAY | 30

THURSDAY | DEC 1

FRIDAY | DEC 2

**BREAKFAST**

Cinnamon French Toast Bites <b>V</b> with Syrup	Egg and Cheese Bagel <b>V</b>	Maple Madness Mini Waffles <b>V</b>	Orange Cranberry Round <b>V</b>	Hearty Oatmeal <b>VE</b> with Warm Berries
Fresh Apple Slices	Orange Smiles	Fresh Banana	Diced Pears	Warm Berries

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**LUNCH**

Bean & Cheese Nachos	Crispy Chicken Sandwich	Spaghetti Marinara with Turkey Meatballs	Jerk Chicken Wrap	Tuna Salad Sandwich
Veggie Burger <b>V</b>	Vegan Rainbow Chili <b>VE</b> with Tortilla Chips	Lasagna Roll Up <b>V</b> with Cheesy Breadstick	Falafel and Vegetable Sub <b>V</b>	Veggie Pizza <b>V</b>
Basil Corn Salad	Sweet Peas	Mixed Garden Vegetables	Sauteed Spinach	Collard Greens
Diced Pears	Pineapple Tidbits	Fresh Banana	Fresh Whole Apple	Applesauce

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MONDAY   5	TUESDAY   6	WEDNESDAY   7	THURSDAY   8	FRIDAY   9
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**BREAKFAST**

Cinnamon Mini Bagels <b>V</b>	Blueberry Muffin <b>V</b> with String Cheese	Apple Strudel <b>V</b>	French Toast Sticks <b>VE</b> with Syrup	Mini Blueberry Waffles <b>V</b> with Syrup
Diced Pears	Orange Smiles	Diced Peaches	Baked Cinnamon Apples	Fresh Banana

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**LUNCH**

Grilled Cheese <b>V</b>	Chicken Parm Pasta with Garlic Knot	Vegan Veggie Lo Mein <b>V</b>	Cauliflower, Chickpea & Potato Curry with Brown Rice <b>V</b>	Popcorn Chicken Bowl With Dinner Roll
Vegan Penne Pasta Bake <b>VE</b>	Sunbutter and Jelly Sandwich <b>VE</b>	Classic Hummus Box <b>VE</b>	Veggie Burger <b>V</b>	Falafel and Vegetable Sub <b>V</b>
Three Bean Salad	Parmesan Green Beans	<b>Sauteed Spinach</b>	Roasted Butternut Squash	<b>Roasted Broccoli</b>
Orange Wedges	Diced Peaches	Applesauce	Fresh Banana	Mixed Fruit Salad

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