

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>No School</b> <b>Winter Break</b>	2 <b>No School</b> <b>Winter Break</b>
5 AM Snack: Organic string cheese with organic wheat crackers  Lunch: Cheese tortellini pasta with vegetable and tomato sauce. Side of steamed peas & carrots Vegetarian: Cheese tortellini pasta with vegetable and tomato sauce and a . Side of steamed peas and carrots Dessert: Fresh Cut Fruit Soup: Chicken and rice soup  PM Snack: Fresh whole banana	6 AM Snack: Organic blueberry muffin  Lunch: Meatballs with mashed potatoes. Side of oven roasted broccoli Vegetarian: White bean,. Mashed potatoes & a side of oven roasted broccoli Dessert: Fresh Cut Fruit Soup: Cream of lentil  PM Snack: Organic vanilla yogurt with fresh melon on the side	7 AM Snack: Fresh fruit salad with toasted organic granola  Lunch: pulled barbecue chicken, red bean rice, and roasted corn Vegetarian: Barbecue tofu bites, red bean rice, and roasted corn Dessert: Fresh Cut Fruit Soup: Mix vegetables  PM Snack: Whole grain bread with cheddar cheese	8 AM Snack: Fresh cut apple with organic vanilla honey whipped cream  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 strawberry yogurt with organic granola	9 AM Snack: Organic banana bread  Lunch: Baked chicken tenders with a side of elbow pasta with extra virgin olive oil and roasted squash Vegetarian: Baked tofu bites with a side of elbow pasta with extra virgin olive oil and roasted squash Dessert: Fresh Cut Fruit Soup: Cream of broccoli  PM Snack: Toddler friendly Trail mix (nut free)
12 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	13 AM Snack: Organic pumpkin bread  Lunch: Ground lean beef, sweet plantains with a side of and roasted broccoli Vegetarian: Refried beans, sweet plantains with a side of roasted broccoli Dessert: Fresh Cut Fruit Soup: Mixed Vegetable Soup  PM Snack: Organic vanilla yogurt with sliced orange	14 AM Snack: Baked egg muffin with cheddar cheese  Lunch: Whole grain pasta with a tomato cream sauce, and a quinoa and diced cucumber salad Vegetarian: Whole grain pasta with a tomato cream sauce, and a quinoa and cucumber salad Dessert: Fresh Cut Fruit Soup: Cream of Broccoli  PM Snack: Whole banana	15 AM Snack: Organic strawberry yogurt with toasted organic granola  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: Tomato Bisque  PM Snack: Corn muffin	16 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 on the side

<p>19  No School  Holiday - MLK Jr.</p>	<p>20  AM Snack: Organic oat cereal with organic milk  Lunch: Asian style beef rice, side of lettuce and shredded carrot with ginger orange dressing Vegetarian: Roasted tofu, side of fried rice &amp; vegetable medley with fresh lettuce and carrots Dessert: Fresh Cut Fruit Soup: Cream of asparagus  PM Snack: Fresh banana with organic wheat crackers</p>	<p>21  AM Snack: Organic egg salad mixed with organic greek yogurt &amp; organic pita bread  Lunch: Whole grain pasta with three cheese sauce, side of white beans &amp; diced cucumbers Vegetarian: Homemade Mac and cheese, Side of white beans &amp; diced cucumbers Dessert: Fresh Cut Fruit Soup: Chicken Noodle soup  PM Snack: Fresh cut fruit salad with toasted oats on the side</p>	<p>22  AM Snack: Fresh cut apple with a organic honey whipped cream cheese  Lunch: Ground turkey mixed with diced peppers and onions, side of white rice. Vegetarian: Ground lentils with peppers and onions, side of white rice &amp; black beans Dessert: Fresh Cut Fruit Soup: Mix vegetable soup  PM Snack: Whole grain bread with organic chicken salad</p>	<p>23  AM Snack: Organic banana bread  Lunch: Kobe beef sliders, baked tots, and side of sliced tomato Vegetarian: Vegetarian patty, home baked fries, side of sliced tomatoes Dessert: Fresh Cut Fruit Soup: Cream of Zucchini  PM Snack: Toddler cheese and granola mix</p>
<p>26  AM Snack: Organic oat cereal with organic milk  Lunch: Diced chicken with diced pineapple, side of white rice and sweet plantains Vegetarian: diced tofu with pineapples, side of white rice and sweet plantains Dessert: Fresh Cut Fruit Soup: Cream of carrot  PM Snack: Fresh watermelon with organic string cheese</p>	<p>27  AM Snack: Fresh fruit salad with pita bread on the side  Lunch: Lean ground beef, side of roasted cauliflower and asparagus, and white rice Vegetarian: Refried beans, side of roasted cauliflower and asparagus and buttered corn rice Dessert: Fresh Cut Fruit Soup: Cream of broccoli  PM Snack: Vanilla yogurt with açai</p>	<p>28  AM Snack: Organic egg salad mixed with organic greek yogurt and naan bread  Lunch: whole grain pasta with a fresh herb pesto, grilled chicken bits, and steamed buttered peas Vegetarian: whole grain pasta with a fresh herb pesto, and steamed buttered peas Dessert: Fresh Cut Fruit Soup: Cream of chicken and rice  PM Snack: Organic vanilla yogurt with sliced orange</p>	<p>29  AM Snack: Organic strawberry yogurt with toasted organic granola  Lunch: Wild caught fish sticks, whole grain tortillas, and side of black bean corn and tomatoes, and a side of sour cream Vegetarian: tofu sticks, whole grain tortillas, and a black bean, corn salad with tomatoes, and a side of sour cream Dessert: Fresh Cut Fruit Soup: Cream of cauliflower  PM Snack: Fresh cut orange with whole grain crackers</p>	<p>30  AM Snack: Organic blueberry Muffin  Lunch: Baked chicken tenders, side of mashed potatoes, and buttered corn Vegetarian: Baked plant based chicken tenders, side of mashed potatoes, and buttered corn Dessert: Fresh Cut Fruit Soup: cheese soup  PM Snack: Pineapple, strawberry and fresh blueberry salad</p>