



## WEEK 1

### FALL/WINTER MENU 2022/2023

- **Nutritious Rich**
- **Organic & Locally Grown Produce**
- **Mennonite Grain Fed, Antibiotic Free Chicken & Beef**



	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
<b>Monday</b>	Organic Kamut Cereal  Organic Milk	Moroccan Lentil Soup With Garlic Bread  Fresh Fruit	Homemade Banana Loaf  Organic Milk
<b>Tuesday</b>	Organic Cream Cheese With Croissant  Organic Milk	Chickpea Vegetable Dhal With Whole Wheat Couscous  Fresh Fruit	Organic Apple Sauce With Animal cookies  Organic Milk
<b>Wednesday</b>	English Muffin With Organic Fruit Puree  Organic Milk	Homemade Teriyaki Chicken with Jasmine Rice With Steamed Broccoli  Fresh Fruit	Homemade Herb Dip With Garden Vegetables  Organic Milk
<b>Thursday</b>	Whole Wheat Pita With Soy Pea Butter  Organic Milk	Longo's Cheese Pizza With Garden Vegetables & Homemade Roasted Pepper Hummus Dip  Fresh Fruit	Homemade Lemon Muffin  Organic Milk
<b>Friday</b>	Organic Rice Cereal  Organic Milk	Homemade Spaghetti & Meat Sauce With Steamed carrots  Fresh Fruit	Organic Crackers With Sliced Cheese  Organic Milk



## WEEK 2

### FALL/WINTER MENU 2022/2023

- **Nutritious Rich**
- **Organic & Locally Grown Produce**
- **Mennonite Grain Fed, Antibiotic Free Chicken & Beef**



	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
<b>Monday</b>	Organic Kamut Cereal  Organic Milk	Homemade Minestrone Soup with Grilled Cheese  Fresh Fruit	Bean Dip With Rice Cakes  Organic Milk
<b>Tuesday</b>	Organic Cream Cheese With Croissant  Organic Milk	Homemade Spinach Ricotta Lasagna With Steamed Carrots  Fresh Fruit	Sliced Apples With Soy Butter Dip  Organic Milk
<b>Wednesday</b>	English Muffin With Organic Fruit Puree  Organic Milk	Mediterranean Chicken Shawarma With Naan bread & Chopped Salad  Fresh Fruit	Homemade Dried Mix Fruit Loaf  Organic Milk
<b>Thursday</b>	Whole Wheat Pita With Soy Pea Butter  Organic Milk	Homemade Organic Mac 'N' Cheese With Steamed Cauliflower  Fresh Fruit	Homemade Salsa with Corn Chips (Infant/Toddler Rice Cakes)  Organic Milk
<b>Friday</b>	Organic Rice Cereal  Organic Milk	Homemade Sloppy Joes With Coleslaw Salad (INF/TOD- cucumber slices)  Fresh Fruit	Homemade Blueberry Muffins  Organic Milk



## WEEK 3

### FALL/WINTER MENU 2022/2023

- **Nutritious Rich**
- **Organic & Locally Grown Produce**
- **Menonite Grain Fed, Antibiotic Free Chicken & Beef**



	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
<b>Monday</b>	Organic Kamut Cereal  Organic Milk	Homemade Roasted Turmeric Cauliflower Soup With Hummus Rolls  Fresh Fruit	Homemade Pumpkin Spice Loaf  Organic Milk
<b>Tuesday</b>	Organic Cream Cheese With Croissant  Organic Milk	Vegetarian Bean Chili Served with Brown Rice  Fresh Fruit	Apple Sauce With Crackers  Organic Milk
<b>Wednesday</b>	English Muffin With Organic Fruit Puree  Organic Milk	Roasted BBQ Chicken With Buckwheat Served with Steamed Peas  Fresh Fruit	Greek Yogurt Parfait  Organic Milk
<b>Thursday</b>	Whole Wheat Pita With Soy Pea Butter  Organic Milk	Longo's Cheese Pizza With Garden Vegetables & Homemade Roasted Pepper Hummus Dip  Fresh Fruit	Homemade Zucchini Muffin  Organic Milk
<b>Friday</b>	Organic Rice Cereal  Organic Milk	Homemade Penne Pasta & Beef Sauce With Steamed Mixed Vegetables  Fresh Fruit	Avocado Tortilla rolls  Organic Milk



## WEEK 4

### FALL/WINTER MENU 2022/2023

- **Nutritious Rich**
- **Organic & Locally Grown Produce**
- **Mennonite Grain Fed, Antibiotic Free Chicken & Beef**



	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
<b>Monday</b>	Organic Kamut Cereal  Organic Milk	Cannellini Bean & Kale Pasta Soup With Banquette Slices  Fresh Fruit	Homemade Apple Cinnamon Crumble Bake  Organic Milk
<b>Tuesday</b>	Organic Cream Cheese With Croissant  Organic Milk	Homemade Chicken Shawarma Served With Couscous & Steamed Carrots  Fresh Fruit	Rice Cakes With Yogurt Dip  Organic Milk
<b>Wednesday</b>	English Muffin With Organic Fruit Puree  Organic Milk	Bean Barley Stew With Mix Steamed Vegetables  Fresh Fruit	Homemade Hummus With Organic Crackers  Organic Milk
<b>Thursday</b>	Whole Wheat Pita With Soy Pea Butter  Organic Milk	Homemade Organic Mac 'N' Cheese With Steamed Cauliflower  Fresh Fruit	Homemade Strawberry Banana Bread  Organic Milk
<b>Friday</b>	Organic Rice Cereal  Organic Milk	Homemade Korean Beef Rice Bowl With Steamed Broccoli  Fresh Fruit	Mango Coconut Chia Seed Pudding  Organic Milk