

SAMPLE MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK (AM): PB&J oat slices	SNACK (AM): Strawberry overnight oats	SNACK (AM): String cheese and raspberries	SNACK (AM): Oat bites topped with banana	SNACK (AM): Blueberry muffin
LUNCH: Pasta w/lentil meatballs and roasted broccoli Clementines Milk	LUNCH: Cheese quesadilla w/avocado and black beans Pineapple Milk	LUNCH: Pesto orzo w/green beans Pear Milk	LUNCH: Tomato soup w/focaccia Blueberries Milk	LUNCH: Baked tofu, rice, seaweed, and edamame Plums Milk
SNACK (PM): Cheddar bunnies and grapes	SNACK (PM): Yogurt w/granola and raspberries	SNACK (PM): Rice cake w/almond butter	SNACK (PM): Wheat crackers, cheese, and blueberries	SNACK (PM): Focaccia with ricotta cheese and jam

*Water will be offered throughout the day and at each meal.