

SOUTH CAMPUS

Monday, August 19, 2019

Snack: Goodness granola served with milk

Lunch: Baked chicken served with brown rice, asparagus, cantaloupe and milk
Field trip: Sunbutter and Jam sandwich on bakery fresh bread, served with carrot, watermelon and milk

Snack: Turkey breast and tomato served with fruit water

Tuesday, August 20, 2019

Snack: Banana served with milk

Lunch: Butternut squash mac and cheese served with watermelon and milk

Snack: Roasted broccoli with quinoa, served with oat crackers and fruit water

Wednesday, August 21, 2019

Snack: Apple/apple slices and milk

Lunch: Toasted farro salad with tofu, squash, peppers, eggplant and herbs served with a pear and milk

Snack: Hummus served with brown rice crackers and water

Thursday, August 22, 2019

Snack: Zucchini bread with pumpkin seeds and raisins served with milk

Lunch: Sun butter and jam sandwich on bakery fresh bread, served with carrot sticks, a peach and milk

Snack: Red grapes served with cheddar cheese and water

Friday, August 23, 2019

Snack: Energy balls made with dates, sunflower seeds, raisins, chia, flax and oats, served with milk

Lunch: Focaccia bread topped with broccoli, diced tomatoes and mozzarella, served with a pear and milk

Snack: Clementine served with sunflower seeds and water

NORTH CAMPUS AND THE NEST

Monday, August 19, 2019

Snack: Goodness granola served with milk

Lunch: Baked chicken served with brown rice, asparagus, cantaloupe and milk

Snack: Roasted broccoli and quinoa oat crackers served with fruit water

Tuesday, August 20, 2019

Snack: Banana served with milk

Lunch: Mac and cheese infused with butternut squash, served with watermelon and milk

Field trip lunch: peanut butter and jam sandwich served with cucumber, watermelon and milk

Snack: Turkey breast and garden tomato served with fruit water.

Wednesday, August 21, 2019

Snack: apple/apple slices served with milk

Lunch: Toasted farro salad made with tofu, squash, peppers, eggplant and herbs, served with a pear and milk

Snack: Hummus served with brown rice crackers and water

Thursday, August 22, 2019

Snack: Zucchini bread with pumpkin seeds and raisins served with milk

Lunch: Sun butter and jam sandwich on bakery fresh bread, served with carrot sticks, a peach and milk

Snack: Red grapes and cheddar cheese served with water

Friday, August 23, 2019

Snack: Energy bar made with dates, sunflower seeds, raisins, chia, flax and oats, served with milk

Lunch: focaccia bread with fresh mozzarella, broccoli and diced tomato, served with a plum and milk

Snack: Clementine with sunflower seeds and water