

- **2 extra snacks served each day. Snack options include:** Yogurt, graham crackers, applesauce, fresh fruit (apples, peaches, bananas, watermelon, strawberries, blueberries)
- Everything is cooked on organic vegetable or olive oil.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Croissants with cream cheese Organic milk	Cereal Organic milk	Banana bread Organic milk	Waffles with maple syrup Organic milk	Croissants Yogurt Organic milk
Lunch	Soup: Pumpkin and zucchini cream soup Entree: Cheese sandwich Vegetable: Steamed broccoli	Soup: Chicken soup with meatballs Entree: Turkey sandwich Vegetable: Steamed carrots	Soup: Buckwheat soup Entree: Chicken nuggets Vegetable: Fresh cucumbers salad	Soup: Chicken and pea cream soup Entree: Cream cheese sandwich Vegetable: Steamed carrots	Soup: Chicken vegetable soup Entree: Turkey sandwich Vegetable: Fresh cucumbers salad
Snack	Entree: Ground chicken pasta Vegetable: Fresh cucumbers salad	Entree: Shepperd's pie Vegetable: Steamed broccoli	Entree: Pelmeni with sour cream Vegetable: Steamed carrots	Entree: Rice with chicken cutlets Vegetable: Fresh cucumbers salad	Entree: Beef stroganoff with mashed potatoes Vegetable: Steamed carrots

WATER IS SERVED TO CHILDREN THROUGHOUT THE DAY