



Weekly Meal Offerings



Lunch Menu

Alternative Options

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Options
 1	Chicken Potstickers DF, EF, NF, PF	Cauliflower Cavatappi SF, NF, MF, DF, PF, GF	Mini Pancake Puffs NF, PF, SF	Chicken Super Nuggets NF, DF, EF, PF, SF	Mac and Three Cheese EF, MF, NF, SF, PF	Vegetarian/dairy/egg alternative- Broccoli Bites PF, SF, NF, MF, DF, GF, EF 2nd Vegetarian alternative- Mac and Three Cheese EF, MF, NF, SF, PF
2	Whole Wheat Penne and Kale Turkey Meatballs PF, SF, EF, NF	Chicken Teriyaki PF, DF, NF, EF	Broccoli Bites PF, SF, NF, MF, DF, GF, EF	Cheesy Black Bean Pupusa GF, EF, MF, NF, PF, SF	Three Cheese Tortellini PF, NF, MF, SF	Vegetarian/dairy/egg alternative- Broccoli Bites PF, SF, NF, MF, DF, GF, EF 2nd Vegetarian alternative- Three Cheese tortellini PF, NF, MF, SF
3	Spinach and Cheese Ravioli PF, NF, MF, SF	Chicken Potstickers DF, EF, NF, PF	All-Star Plate SF, EF, NF, PF	Cauliflower Cavatappi SF, NF, MF, DF, GF, PF	Mini Pancake Puffs NF, PF, SF	Vegetarian/dairy/egg alternative- Cauliflower Croquettes EF, DF, GF, MF, NF, SF, PF 2nd Vegetarian alternative- Cauliflower Cavatappi SF, NF, MF, DF, GF, PF
4	Mac and Three Cheese EF, MF, NF, SF, PF	Cauliflower Croquettes EF, DF, GF, MF, NF, SF, PF	Chicken Teriyaki PF, DF, NF, EF	Spinach and Cheese Ravioli PF, NF, MF, SF	Turkey Taco Bowl PF, SF, EF, NF, GF	Vegetarian/dairy/egg alternative- Cauliflower Croquettes EF, DF, GF, MF, NF, SF, PF 2nd Vegetarian alternative- Cauliflower Cavatappi SF, NF, MF, DF, GF, PF

Little Spoons Blends for children 6+ months or Biteables early finger foods 10+ months can be purchase at the front desk.

DF-dairy-free • MF-meat free • EF-egg-free • NF-nut free • PF-peanut free • GF-gluten free • SF-sesame free





Weekly Snack Offerings

Infants 12 months-2 years

Snack Menu



Monday

AM: Little Spoon
Peaches and Cream
Smoothie and
organic cereal

PM: organic string
cheese and organic
apple sauce

Tuesday

AM: Little Spoon
Triple Berry Parfait
Smoothie and
organic cereal

PM: organic yogurt
and fruit

Wednesday

AM: Little Spoon
Banana Split
Smoothie and
organic cereal

PM: organic string
cheese and fruit

Thursday

AM: Little Spoon
Peaches and Cream
Smoothie and
organic cereal

PM: organic yogurt
and organic apple
sauce

Friday

AM: Little Spoon
Triple Berry Parfait
Smoothie and
organic cereal

PM: organic string
cheese and fruit





Weekly Snack Offerings

Preschool Snack Menu



Monday

Tuesday

Wednesday

Thursday

Friday

AM: Little Spoon
Peaches and Cream
Smoothie and
Blueberry Oat Bakes

AM: organic string
cheese, fruit, and
Little Spoon Veggie
Loops

AM: Little Spoon
Banana Split
Smoothie and Apple
Oat Bakes

AM: organic string
cheese, fruit, and
Little Spoon Veggie
Loops

AM: Little Spoon
Triple Berry Parfait
and Blueberry Oat
Bakes

PM: Sunnie Dipper

PM: Sunnie Dipper

PM: Sunnie Dipper

PM: Sunnie Dipper

PM: Sunnie Dipper

Dairy smoothie alternative: **Strawberry Banana Shake DF**. Cheese alternative: **Sunnies Hummus Dipper DF**
Sesame alternative for Hummus dipper: **Jam Dipper**



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Weekly Meal Offerings



Pricing

Individual snack pricing \$3.50

Individual lunch \$6.50

Full day \$12

Plus tax

Pricing

Blends for Rose \$4.50

Full day with a blend \$10

Plus tax

