

Weekly Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Whole Grain Chex Cereal with Fresh Strawberries

Warmed blueberry avocado muffins with Fresh Oranges

Whole Grain Waffles topped with smashed Blueberries

Baked strawberry Oatmeal with Fresh banana on the side

Organic Vanilla Yogurt Topped with Sliced Peaches

AM Snack

Organic wheat thins with sliced Watermelon

Homemade Baked Cinnamon Apples on a bed of vanilla Greek yogurt

Freshly slivered tomato slices paired with mozzarella cheese pearls

Multicolor mini peppers stuffed with cream cheese and topped with everything bagel seasoning

Cooled cucumber slices with Tzatziki Dip

Lunch

Mexican Bowls:
Boiled Black Beans, Homemade Salsa, on a bed of steamed whole grain rice with cubed Pineapple on the side

Cinnamon Swirl Whole Grain French Toast with side of banana, paired with scrambled eggs mixed with green peppers and cheese

Signature Recipe:
Whole Grain Pasta with Signature Tomato Sauce, Tossed Side Salad and Sliced Oranges

Freshly crafted Vegetable Bean Soup with Side of warm Pita Chips and steamed Vegetable Medley

Homemade Mac and Cheese:
Warm Cheesy whole grain elbow noodles, w/ steamed Green Beans and fresh Honeydew

PM Snack

Fresh cauliflower florets with creamy hummus to dip

Cooled cottage cheese topped with chopped pineapple

Baked Veggie Straws with slivered pears

Pretzel crisps with Homemade organic Greek Yogurt pickle dip

Homemade Trail Mix with a side of Fresh Fruit Salad