



MON

TUES

WED

THURS

FRI

December 16th

French Toast
(contains egg)
Cucumbers
Applesauce

Chickpea Sauce
Israeli Couscous
Carrots
Fresh Fruit

Soy Meatballs with
Pasta + Tomato Sauce
Zucchini Parmesan
Fresh Fruit

Tuna & Egg Salad
Noodle Soup
Cuc. Car. Tom.
Fresh Fruit

Baked Salmon
with Rice
Green Peas
Fresh Fruit

WEEK 1

December 23rd

Cheese Pizza
with Edemames
Cuc. Car. Tom.
Fresh Fruit

Scrambled Eggs
with Latkas
Cucumbers
Fresh Fruit

Lentil Sauce
with Rice
Carrots
Fresh Fruit

Bowtie Pasta
with Buckwheat
Carrots + Peas
Fresh Fruit

Broccoli Soy Patty
Vegetable Barley Soup
Cuc. Car. Tom.
Fresh Fruit + Bun

WEEK 2

CLOSED: Dec 25

CLOSED: Dec 26

Dec. 2nd & 30th

Banana Buckwheat
Pancakes + HB Eggs
Cucumbers
Applesauce

Rotini Pasta with
Lentil Sauce + Cheese
Peas
Fresh Fruit

Soy Hot Dogs
Broccoli Soup
Cuc. Car. Tom.
Fresh Fruit + Bun

Cheese Quiche
with Roasted Potatoes
Carrots
Fresh Fruit

Lemon Salmon
Quinoa + Couscous
Peas + Carrots
Fresh Fruit

WEEK 3

CLOSED: Jan. 1

December 9th

Grilled Cheese
Lentil Soup
Cucumbers
Fresh Fruit

Vegetable Lasagna
+ Lentils
Cuc. Car. Tom.
Fresh Fruit

Broccoli Soy Nuggets
with Rice
Ass't Peppers
Fresh Fruit

Fish Sticks with
Mashed Potatoes
Corn & Carrots
Fresh Fruit

Pasta & Cheese
+ White Beans
Green Peas
Fresh Fruit

WEEK 4

Ages 1 to 2 yrs: 3.25% milk | 2+ yrs: 2% milk | All bread, pancakes, rice, pasta and bread products are whole grain



LOCALLY SOURCED FIRST



BACKGROUND CHECKS ON INGREDIENTS
for additives and preservatives



C.C.E.Y.A COMPLIANT



DIETICIAN REVIEWED MENU



CULTURALLY DIVERSE MEALS
globally inspired



FOOD KIDS LOVE!
full nutrition for healthy, growing bodies



KOSHER MEAT AND DAIRY
Cholov Yisroel



FAMILY ORIENTED
for your healthy, active family



COMPLETELY NUT FREE



QUALITY, WHOLE FOODS
Only whole grains



ALLERGY ALTERNATIVES



MENU VARIABILITY
monthly rotations with seasonal features



MON TUES WED THURS FRI

December 16th

PM SNACK: Fresh Fruit + Cereal + Milk

Yogurt + Granola Blueberries	Blueberry Scone Tomatoes	Cream Cheese Mini Bagel + Tomato	Pea Butter Wrap	Fresh Fruit Crackers
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WEEK 1

December 23rd

PM SNACK: Fresh Fruit + Cereal + Milk

Yogurt + Granola Blueberries	Cran-Oat Cookie Tomatoes	Quinoa Puffs Applesauce	Hummus Pita/Veg	Fresh Fruit Crackers
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WEEK 2

CLOSED: Dec 25

CLOSED: Dec 26

Dec. 2nd & 30th

PM SNACK: Fresh Fruit + Cereal + Milk

Yogurt + Granola Blueberries	Apple Muffin Tomatoes	Cream Cheese Mini Bagel + Blueberries	Pea Butter Pita	Fresh Fruit Crackers
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WEEK 3

CLOSED: Jan. 1

December 9th

PM SNACK: Fresh Fruit + Cereal + Milk

Yogurt + Granola Blueberries	Carrot Crisp Cookie Tomatoes	Graham Crackers Applesauce	Hummus Wrap/Veg	Fresh Fruit Crackers
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WEEK 4

Ages 1 to 2 yrs: 3.25% milk | 2+ yrs: 2% milk / All bread, rice, pasta and pancakes are whole grain



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