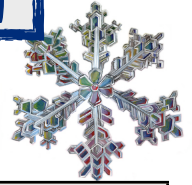




Winter Menu: Dec- March



Day	Snack 10:00- 10:15 AM	Lunch 12:00- 12:30 PM	Snack 3:00- 3:15 PM
Monday	Cinnamon Applesauce muffins with Orange juice	Jasmine Rice with Chick peas and mixed veggies, seasonal fruit and Organic Milk	Carrot sticks with Lemon Hummus & Orange Juice
Tuesday	Healthy Granola with Orange Juice	Chili with beans & fresh veggies, cornbread, seasonal fruit and Organic Milk	Tillamook Cheese Slices with Sliced Pear
Wednesday	Oatmeal with Cinnamon & Raisins & Orange Juice	Cous cous & steamed veggies, pita bread, seasonal veggies, seasonal fruit & Organic Milk	Cornmeal muffins with Apple Juice
Thursday	Lemon Hummus Dip w/ Baked Whole Wheat Pita Chips & Apple Juice	Squashed Macaroni, Whole Wheat Toast, Seasonal fruit & Veggies & Organic Milk	Cinnamon Applesauce muffins with Orange juice
Friday	Healthy Granola with raisins and Apple Juice	Creamy Tomato Soup with Grilled Cheese Sandwich, Seasonal fruit & Veggies & Organic Milk	Applesauce Muffins & Orange Juice

Our meals are always prepared with the freshest ingredients and certified Organic, as available. The milk served at our schools is certified Organic and provided by Alpenrose Dairy and the cheese we serve is Tillamook Brand cheese, both are locally processed and Hormone-free.

We pride ourselves on serving your child the very best ingredients available in their healthy meals. We purchase our food through Sysco as they not only provide the fresh quantities needed but they also guarantee their food quality and support local farmers as their suppliers.

If your child has any allergies, please let your Director know immediately and complete an allergy form so we may offer your child a substitution. If you would like to provide your child with snacks from home or a sack lunch, please do not send candy or soda as this will be sent back home with your child. We focus on a healthy lifestyle and that starts with the foods we put into our bodies.

If you would like to bring treats for parties, please remember we can only serve sealed store bought treats. Please check with your Director before hand so we can coordinate times!