



Spring & Summer Menu 2010

Day	Snack 10:00-10:15 AM	Lunch 12:00-12:30 PM	Snack 3:00-3:15PM
Monday	Whole Wheat Banana Bread with Fresh Fruit and Fruit Juice	Oven Baked Zucchini and Cheese Pita Pizza with Seasonal Fruit and Organic Milk	Tillamook Cheese Wedges with Apple Slices and Fruit Juice
Tuesday	Old Fashioned Oatmeal with Seasonal Fruit and Fruit Juice	Corn & Black Bean Salad, Warm Pita, Seasonal Fruit and Organic Milk	Lemon Hummus with Carrot Sticks and Fruit Juice
Wednesday	Cinnamon Applesauce Muffins and Fruit Juice	Macaroni and Fresh Veggie Salad with Mozzarella, Seasonal Fruit and Organic Milk	Healthy Raisin Granola and Fruit Juice
Thursday	Old Fashioned Oatmeal Raisin Squares and Fruit Juice	Caprese Panini with Mozzarella, Diced Tomato, Seasonal Fruit, and Organic Milk	Tillamook Cheese Wedges with Apple Slices and Fruit Juice
Friday	Whole Wheat Banana Bread with Fresh Fruit and Fruit Juice	Black Bean and Broccoli w/ Melted Cheddar Whole Grain Wrap, Seasonal Fruit and Organic Milk	Lemon Hummus with Pita Bread and Fruit Juice

Our meals are always prepared with the freshest ingredients and Organic, as available. The eggs and milk served at our schools are certified Organic and the cheese we serve is Tillamook (locally made and Hormone-free). We pride ourselves on serving your child the very best ingredients available in their healthy meals. It is important to eat seasonal fruits and vegetables because they are guaranteed to be the most fresh. Spring and summer fruits and veggies include: apples, bananas, oranges, corn, zucchini, carrots, and broccoli. Look for these items on our menu throughout the season. There are new meals on the menu such as the Caprese Panini and Black Bean and Broccoli Wraps. Creative Minds offers wholesome meat free meals with flavor and color that get children excited about healthy eating. These new recipes are very yummy and we think they will be a big hit here at Creative Minds! If your child has any allergies, please let your Director know immediately and please fill out 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 label foods from home with your child's name and 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!

