



Seasonal Winter Menu 2012

Day	Snack 10:00-10:15 AM	Lunch 12:00-12:30 PM	Snack 3:00-3:15PM
Monday	Homemade Apple Cinnamon Oatmeal bars w/ Fresh and Seasonal Fruit	Potato and Vegetable Bake w/ Tillamook Cheese w/ Fresh Seasonal Fruit and Organic Whole Milk	Tillamook Cheese w/ Fresh and Seasonal Vegetables
Tuesday	Cinnamon and Raisin Oatmeal w/ Fresh and Seasonal Fruit	Tomato and Black Bean Soup w/ Whole Wheat Cheese Toast w/ Fresh Seasonal Fruit and Vegetables and Organic Whole Milk	Black Bean Hummus and Whole Wheat Pita w/ Fresh and Seasonal Fruit
Wednesday	Tillamook Cheese w/ Fresh and Seasonal Fruit	Toasted Tillamook Cheese Sandwiches with Herb Roasted Potatoes Wedges w/ Fresh Seasonal Fruit and Vegetables and Organic Whole Milk	Homemade Raisin Granola w/ Fresh and Seasonal Fruit
Thursday	Whole Wheat Cinnamon Raisin Muffins w/ Fresh and Seasonal Fruit	Potato and Black Bean Soup w/ Whole Wheat Cheese Toast w/ Fresh Seasonal Fruit and Vegetables and Organic Whole Milk	Black Bean Hummus w/ Fresh and Seasonal Vegetables
Friday	Whole Wheat Cinnamon Toast w/ Fresh and Seasonal Fruit	Vegetable Pita Pizza w/ Fresh Seasonal Fruit and Organic Whole Milk	Homemade Warm Oatmeal Apple Crisp

Our meals are always prepared with the freshest ingredients. All the dairy products served by CMLC are locally made and Hormone-free. Daily, our student enjoy nutritious organic milk with lunch.

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. 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. Also, keep in mind all CMLC schools are nut-free sites. 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 that are nut-free. Please check with your Director before hand so we can coordinate times!