

## Center Menu 1 September 11-22

|                              | Monday<br>11  | Tuesday<br>12  | Wednesday<br>13  | Thursday<br>14   | Friday<br>15   |
|------------------------------|---|--|--|--|--|
| <b>Breakfast<br/>8:30 AM</b> | <b>Cereal</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>  | <b>Oatmeal 'Craisin Bars</b><br>Oatmeal & 'Craisins<br>Brown Sugar & Agave<br>Organic Butter<br>Whole Wheat Flour<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Wheat Toast w/ Butter</b><br><b>Yogurt</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Cereal</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Banana Bread Bars</b><br>Oatmeal<br>Bananas & Agave<br>Brown Sugar<br>Butter<br>Whole Wheat Flour<br><b>Organic Milk</b>  |
| <b>Snack<br/>10 AM</b>       | Fresh Organic Fruit<br>Water  | Fresh Organic Fruit<br>Water   | Fresh Organic Fruit<br>Water   | Fresh Organic Fruit<br>Water   | Fresh Organic Fruit<br>Water   |
| <b>Lunch<br/>11:30 AM</b>    | <b>Turkey Pita Sandwich</b><br>Pita Bread<br>Sliced Turkey<br>Sliced Cheese<br><b>Organic Spinach</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>          | <b>Meatloaf</b><br>Ground Turkey<br>Homemade Breadcrumbs<br>Ketchup<br><b>Organic Vegetable</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Teriyaki Chicken</b><br>Diced Organic Chicken<br>Wheat Spaghetti Noodles<br>Homemade Teriyaki Sauce<br>Green Beans & Cauliflower<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>         | <b>Chicken &amp; Veggie Skillet</b><br>Organic Chicken<br>Wheat Pasta<br>Organics Peas<br>Heavy Cream<br>Parmesan Cheese<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>  | <b>Quesadillas</b><br>Cheddar Jack Cheese<br>Spinach<br>Tortillas<br>Taco Seasoning<br>Onions<br>Organic Butter<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b> |
| <b>Mini Meal<br/>3PM</b>     | <b>Strawberry &amp; Cream</b><br><b>Cheese Roll Ups</b><br>Strawberry Preserves<br>Cream Cheese<br><b>Tortilla</b><br><b>Water</b>                                  | <b>Trail Mix</b><br>Veggie Crisps<br>Cheerios<br>Craisins<br><b>Cheese Slices</b><br><b>Fresh Organic Veggie</b><br><b>Water</b>   | <b>Chicken Salad &amp; Triscuits</b><br>Shredded Organic Chicken<br>Greek Yogurt<br><b>Fresh Organic Fruit</b><br><b>Water</b>   | <b>DIY Snack Board</b><br>Sliced Turkey<br>Pretzel Crisps<br>Variety Cheese<br><b>Fresh Organic Fruit Water</b>  | <b>Homemade Pickles &amp; Cheese</b><br><b>Slices</b><br><b>Wheat Crackers</b><br><b>Water</b>   |
|                              | Monday<br>18  | Tuesday<br>19  | Wednesday<br>20  | Thursday<br>21   | Friday<br>22   |
| <b>Breakfast<br/>8:30 AM</b> | <b>Cereal</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>  | <b>Homemade Oat Bars</b><br>Old Fashioned Oats<br>Organic Agave & Butter<br>Vanilla<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   | <b>Pancakes</b><br>Homemade Whole Wheat<br>Pancake Mix<br>Greek Yogurt & Milk<br><b>Organic Maple Syrup</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>                                 | <b>Banana Bread Bars</b><br>Oatmeal<br>Bananas & Agave<br>Brown Sugar<br>Butter<br>Whole Wheat Flour<br><b>Organic Milk</b>  | <b>Cereal</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>   |
| <b>Snack<br/>10 AM</b>       | Fresh Organic Fruit<br>Water  | Fresh Organic Fruit<br>Water   | Fresh Organic Fruit<br>Water   | Fresh Organic Fruit<br>Water   | Fresh Organic Fruit<br>Water   |
| <b>Lunch<br/>11:30 AM</b>    | <b>Sliced Turkey Subs</b><br>Sliced Turkey<br>Cheese Slices<br><b>Wheat Mini Sub Bun</b><br><b>Organic Vegetable</b><br><b>Fresh Organic Fruits</b><br><b>Water</b> | <b>Chicken Mex</b><br><b>Mac-N-Cheese</b><br>Organic Chicken<br>Wheat Pasta<br>Shredded Cheddar Jack &<br>Cottage Cheese<br>Fajita Seasoning<br>Parmesan Cheese<br><b>Organic Vegetable</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b> | <b>Turkey Tomato Pasta</b><br>Ground Turkey<br>Wheat Pasta<br>Organic Marinara<br>Cream Cheese<br>Organic Mixed Vegetables<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>                  | <b>Chicken Broccoli Alfredo</b><br>Organic Chicken<br>Wheat Pasta<br>Heavy Cream<br>Chopped Organic Broccoli<br>Fresh Clove Garlic<br>Parmesean Cheese<br>Oregano<br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b> | <b>Grilled Cheese</b><br>Cheese<br>Whole Wheat Bread<br>Organic Butter<br><b>Organic Vegetable</b><br><b>Fresh Organic Fruit</b><br><b>Organic Milk</b>              |
| <b>Mini Meal<br/>3PM</b>     | <b>Cottage Cheese &amp; Fruit</b><br><b>Wheat Crackers</b><br><b>Water</b>  | <b>Pinwheel Sandwiches</b><br>Sliced Turkey<br>Cream Cheese<br>Rolled in Tortilla<br><b>Fresh Organic Veggie Water</b>   | <b>Wheat Crackers &amp; Cheese Spread</b><br>Cream Cheese<br>Diced Deli Turkey<br>Worcestershire<br>Garlic and Dill<br><b>Whole Wheat Crackers</b><br><b>Fresh Organic Fruit</b><br><b>Water</b> | <b>Strawberry &amp; Cream Cheese Roll Ups</b><br>Strawberry Preserves<br>Cream Cheese<br>Tortilla<br><b>Water</b>  | <b>Wheat Crackers &amp; Organic Cucumbers</b><br><b>Hummus Dip</b><br><b>Water</b>   |