

weekly menu

	Breakfast	Lunch	Snack
Monday	Cereal and fresh fruit served with milk and water.	Homemade barley soup served with crackers and roasted potatoes and water.	Homemade loaf served with fresh raw vegetables. milk and water.
Tuesday	Scrambled eggs and whole-wheat toast served with milk and water.	Homemade tofu chow mien served with tossed salad and water.	Wow butter banana rolls served with fresh raw vegetables, milk and water.
Wednesday	Vanilla Pancakes served with fresh fruit, milk and water.	Refried Brown Bean and corn quesadilla served with tossed salad and water.	Breton Crackers and jam served with fresh raw vegetables, milk and water.
Thursday	Turkey Bacon & hash browns served with fresh fruit, milk & water.	Oven roasted chicken served with black beans rice and tossed salad.	Homemade cinnamon pita chips served with fresh raw vegetables, milk and water.
Friday	Cinnamon raisin toast and cream cheese served with fresh fruit, milk and water.	Penne Marinara served with garlic toast, tossed salad and water.	Yogurt and blueberries served with fresh raw vegetables, milk and water.