

DECEMBER MENU 2018



***BIRTHDAY CUPCAKES** ARE AVAILABLE FOR PURCHASE | PLEASE SEE FRONT DESK FOR ORDER FORM

***ALL MEAT, EGGS & DAIRY, MOST VEGGIES & SOME FRUIT SOURCED FROM LOCAL FARMS PRACTICING**

HUMANELY AND SUSTAINABLE FARMING PRACTICES. *LOCAL, PASTURE-RAISED PRODUCTS YIELD HIGHER VITAMIN & MINERAL CONTENT.

MON	TUE	WED	THU	FRI
3	4	5	6	7
Breakfast: Seven Stars Grass-fed Yogurt & Homemade Maple Granola Lunch: Black Bean Smash with Avocado PM Snack: Roasted Veggies & Spelt Pretzels LPU: Raisins	Breakfast: Green Smoothie Lunch: Applegate Farms Turkey & Veggie Quesadilla w/ fruit PM Snack: Roasted Veggies & Whole Grain Crackers LPU: Banana Crisps	Breakfast: Whole Grain Fruit Muffin Lunch: Butternut Squash Mac-N-Cheese with Veggie PM Snack: Sprouted Grain Trail Mix LPU: Seven Stars Grass-fed Yogurt	Breakfast: Quinoa Carrot Cake Bars Lunch: Red Lentil Coconut curry Soup Stew & Whole Wheat Crackers PM Snack: Organic Valley Mozzarella Cheese LPU: Fresh Fruit	Breakfast: Sprouted Grain Cereal & Grass-fed Milk Lunch: Pizza Friday with Veggies PM Snack: Fresh Fruit LPU: Sunbutter Squares
10	11	12	13	14
Breakfast: Seven Stars Grass-fed Yogurt & Homemade Maple Granola Lunch: Multi-Grain Grilled Cheese & Fruit PM Snack: Cocoa Chia Pudding LPU: Veggies	Breakfast: Green Smoothie Lunch: Lima Farms Beef Pasta Bolognese & Fruit PM Snack: Veggies & Organic Corn Chips LPU: Sprouted Grain Trail Mix	Breakfast: Brekkie Egg Bake with Whole Wheat Bread Lunch: Spanish Brown Rice & Beans, Whole Grain Bread PM Snack: Organic Valley Mozzarella Cheese LPU: Fresh Fruit	Breakfast: Banana Oat Bars Lunch: Chicken ABC Soup & Whole Grain Crackers PM Snack: Fresh Fruit LPU: Seven Stars Grass-fed Yogurt	Breakfast: Sprouted Grain Cereal Lunch: Pizza Friday with Veggies PM Snack: Fresh Fruit LPU: Hummus & Pita
17	18	19	20	21
Breakfast: Seven Stars Grass-fed Yogurt & Homemade Maple Granola Lunch: Black Bean Smash with Avocado PM Snack: Roasted Veggies & Spelt Pretzels LPU: Raisins	BIRTHDAY CELEBRATION Breakfast: Green Smoothie Lunch: Applegate Farms Turkey & Veggie Quesadilla w/ fruit PM Snack: Roasted Veggies & Whole Grain Crackers LPU: Banana Crisps	Breakfast: Whole Grain Fruit Muffin Lunch: Butternut Squash Mac-N-Cheese with Veggie PM Snack: Sprouted Grain Trail Mix LPU: Seven Stars Grass-fed Yogurt	Breakfast: Quinoa Carrot Cake Bars Lunch: Red Lentil Coconut curry Soup Stew & Whole Wheat Crackers PM Snack: Organic Valley Mozzarella Cheese LPU: Fresh Fruit	Breakfast: Sprouted Grain Cereal & Grass-fed Milk Lunch: Pizza Friday with Veggies PM Snack: Fresh Fruit LPU: Sunbutter Squares
24	25	26	27	28
CLOSED FOR HOLIDAY BREAK	CLOSED FOR HOLIDAY BREAK	CLOSED FOR HOLIDAY BREAK	CLOSED FOR HOLIDAY BREAK	CLOSED FOR HOLIDAY BREAK
31				PUREE:
CLOSED FOR HOLIDAY BREAK				<ol style="list-style-type: none"> 1. black beans 2. sweet potato or butternut squash 3. apple 4. peas 5. banana 6. yogurt 7. oats