



Please CIRCLE the menu options you would like to order:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 Asiatic Inspired Fried Rice</b> with Veggie Mix, Organic Baby Corn and Scambled Eggs Pasture-Raised Chicken Breast Seasonal Fresh Fruit	<b>2 Cheesy Arepas Fiesta</b> Arepa con Queso Arroz con Pollo (Shredded Chicken ) Mexican Style Rice Enriched with Carrot Puree Seasonal Fresh Fruit	<b>3</b> PIZZA NO VPK	<b>4</b>
<b>5</b>	<b>6 Creamy Mac and Cheese</b> with Butternut Squash (on the sauce) & Homemade Beef Meatballs NO VPK Unsweetened Applesauce	<b>7 Oven Baked Mamaw's Chicken &amp; Rice</b> Enriched Basmati Yellow Rice Mixed with Organic Sweet Corn Organic Petite Peas and Pasture Raised Chicken Breast Organic Pinto Beans Seasonal Fresh Fruit	<b>8 Brazilian Feijoada (No Pork)</b> Shredded Beef Feijoada Style with Organic Black Beans, Brown Rice Green Beans and Farofa Seasonal Fresh Fruit	<b>9 Chicken Quesadilla</b> Soft Flour Tortillas, Shredded Chicken and Shredded Cheese Cauli-Potato Hash Browns Baby Carrots on the side Seasonal Fresh Fruit	<b>10</b> PIZZA	<b>11</b>
<b>12</b>	<b>13 Chicken Nuggets</b> Pasta, Marinara Sauce Mixed Veggies Unsweetened Applesauce	<b>14 Ropa Vieja (shredded beef stew)</b> with Carrots and Potatoes Enriched Basmati White Rice Plantains Seasonal Fresh Fruit	<b>15 Chicken Cheese Burger Party</b> Premium Potato Buns, Homemade Chicken-Carrots-Quinoa Patties Homemade Cauliflower Potato Tots Seasonal Fresh Fruit	<b>16 Pasture-Raised Chicken Breast</b> Enriched Basmati White Rice with Organic Sweet Peas and Organic Lentils Seasonal Fresh Fruit	<b>17</b> PIZZA	<b>18</b>
<b>19</b>	<b>20 Chicken Parmeggiana</b> Pasta on Marinara Sauce with Organic Broccolis and Shredded Cheese on top Unsweetened Applesauce	<b>21 Meatloaf with Ground Beef and Carrots</b> Fresh Mashed Sweet Potatoes Whole Grain Bread Butter and Ketacup Seasonal Fresh Fruit	<b>22 Pasture-Raised Chicken Breast</b> Enriched Basmati White Rice Organic Vegetable Mix (California Blend) Organic Pinto Beans Seasonal Fresh Fruit	<b>23 Homemade Mini Kibbeh</b> Syrian Rice with Angel Hair Pasta Organic Lentils Cucumber and Yogurt Salad Seasonal Fresh Fruit	<b>24</b> PIZZA	<b>25</b>
<b>26</b>	<b>27 Creamy Pumpkin Alfredo</b> Buttery Pasta Breaded Chicken Soft Roll on the side Unsweetened Applesauce	<b>28 Wild Caught Fish Sticks</b> Enriched Basmati White Rice Pinto Beans Cucumber Slices Yogurt Dip Seasonal Fresh Fruit	<b>29 Ground Beef</b> Quinoa Rice Steamed Carrots Organic Pinto Beans Seasonal Fresh Fruit	<b>30 Lemon and Herb Baked Chicken</b> Fresh Mashed Potatoes Steamed Buttered Peas Seasonal Fresh Fruit		
		\$7.80 X _____ = _____ \$6.00 X _____ = _____				