

Week One Menu

MONDAY

AM Snack: plain yogurt (sweetened/flavored with maple syrup, vanilla and cinnamon), granola, banana (v. coconut or almond yogurt)

Lunch: chicken and broccoli pasta alfredo, apples (v. dairy-free alfredo)

PM Snack: Hippeas, bell peppers, hummus

TUESDAY

AM Snack: english muffin with peanut butter, cucumber, raisins (n. sunbutter)

Lunch: avocado toast, microgreens, tomatoes, eggs, oranges (v. black beans)

PM Snack: colby jack cheese, snap peas, pretzels (v. hummus or dairy-free cheese)

WEDNESDAY

AM Snack: overnight oats with chia seeds, strawberries

Lunch: sweet potatoes, chili, banana (v. chili without ground beef)

PM Snack: edamame, bagel with cream cheese (v. dairy-free cream cheese)

THURSDAY

AM snack: wheat crackers, tomatoes, cheddar cheese (v. hummus or dairy-free cheese)

Lunch: peanut butter and banana sandwiches, hard-boiled eggs, broccoli, ranch, apples (n. sunbutter)(v. crispy chickpeas)

PM Snack: falafel balls, seaweed, grapes

FRIDAY

AM Snack: carrot applesauce muffins

Lunch: turkey meatballs, garlic risotto with sage, roasted cauliflower, plums (v. lentils)

PM Snack: tortilla chips or rice crackers with guacamole, strawberries

Week Two Menu

MONDAY

AM Snack: bagel with almond butter and honey, blueberries

Lunch: chicken, pita, rice, tzatziki, feta, watermelon

PM Snack: cucumber, hummus, almond crackers

TUESDAY

AM Snack: carrots, string cheese (v. coconut or almond yogurt with chia seeds)

Lunch: french toast, maple syrup, cottage cheese, grapes (v. smashed edamame toast)

PM Snack: zucchini bread, apples

WEDNESDAY

AM Snack: graham crackers, peanut butter, banana (n. sunbutter)

Lunch: grilled cheese sandwiches, tomato soup, blueberries (v. dairy-free cheese)

PM Snack: snap peas, almond crackers, hummus, raisins

THURSDAY

AM snack: cheddar bunnies, cucumber, ranch (v. dairy-free crackers)

Lunch: quinoa/black bean/corn pilaf, cantaloupe, banana-chia muffins

PM Snack: strawberry banana smoothie (dairy-free) with spinach, pea crisps

FRIDAY

AM Snack: steamed green beans, graham crackers, (toddlers: add cheese)

Lunch: charcuterie board (cheese, crackers, grapes, olives, salami, pepperoni, peppers, tomatoes, beet hummus, ranch) (v. pepperoni and cheese alternatives)

PM Snack: apple nachos (apples, melted peanut butter, plant-based mini chocolate chips, granola)(n. sunbutter)

Week Three Menu

MONDAY

AM Snack: veggie straws, pears (toddler note: add cheese)

Lunch: pea orzo with parmesan, cannellini beans with kale, oranges

PM Snack: snap peas, pita bread, hummus

TUESDAY

AM Snack: chia yogurt sweetened with maple syrup (v. oat milk chia pudding), raspberries

Lunch: ube pancakes with hemp hearts, scrambled eggs, banana

PM Snack: bell peppers, pea crisps, sunflower seeds

WEDNESDAY

AM Snack: peanut butter banana bread, kiwi (n. sunbutter)

Lunch: lentils with kale and carrots, cesar salad (v. plant-based cesar dressing), baked sourdough

PM Snack: homemade granola bars with pumpkin seeds, cottage cheese

THURSDAY

AM Snack: carrots, rice cakes with organic cocoa hazelnut spread (n. sunbutter cocoa spread)

Lunch: chicken and black bean quesadilla (v. dairy-free cheese, omit chicken), sour cream (v. dairy-free sour cream) avocado, tomatoes

PM Snack: veggie straws, snap peas, ranch (v. dairy-free ranch)

FRIDAY

AM Snack: cucumbers with peanut butter (n. sunbutter), pea crisps, raisins

Lunch: oatmeal buffet (pumpkin seeds, coconut sugar, maple syrup, raspberries, hemp hearts, dye-free sprinkles)

PM Snack: blueberry flax muffins

Week Four Menu

MONDAY

AM Snack: pigs in the blanket, strawberries

Lunch: rainbow (peas, broccoli, red peppers) macaroni and cheese, pineapple

PM Snack: cucumbers, peanut butter and banana “quesadillas” (n. sunbutter)

TUESDAY

AM Snack: frozen yogurt bark (topped with fruit and oats) (v. coconut or almond yogurt)

Lunch: ham and cheese frittata, zucchini, grapes

PM Snack: pumpkin muffins

WEDNESDAY

AM Snack: apples, sunflower seeds, cheddar cheese (v. dairy-free cheese)

Lunch: yam bisque topped with sour cream, rosemary and pumpkin seeds, edamame, toasted bread

PM Snack: roasted chickpeas, mozzarella balls, avocado

THURSDAY

AM Snack: toast with strawberry cream cheese, asparagus

Lunch: tacos (tortilla, ground beef, beans, cheese, avocado, sour cream), mango (v. omit beef, dairy-free sour cream)

PM Snack: grapes, sweet potato fries, ketchup

FRIDAY

AM Snack: blueberry waffle, banana

Lunch: build-your-own-pizza (english muffins, sauce, cheese, olives, pepperoni, pineapple), corn (v. omit pepperoni, dairy-free cheese)

PM Snack: cinnamon applesauce, homemade trail mix (toddler note: protein waffles)