**- Picky for a purpose -**

**Fresh, organic, non-GMO when possible & no artificial sweeteners, preservatives or colors**

| Monday | Tuesday | Wednesday | Thursday | Friday |
| --- | --- | --- | --- | --- |
|  |  | **1** | **2** | **3** |
| Key:  🫘 = Made with most or all organic ingredients  🌾 = Whole Grain  👩🏼‍🍳 = Homemade  🐄 \*Organic milk is offered at lunch to all ages over 1  Purple font indicates a new international dish on our menu picked out by Chef Cameo! |  | **CLOSED**  **HAPPY**  **NEW**  **YEAR!**  **🎉🎉🎉** | **AM:**  Oatmeal🫘🌾  Peaches  **LUNCH:**  Pasta Salad👩🏼‍🍳  (peas and pasta)  Beans🫘  Roasted Carrots🫘  **PM**:  Cheese & Oranges | **AM:**  Sunbutter🫘  Toast🌾  **LUNCH:**  Eggs & Tortillas🌾  Salsa👩🏼‍🍳  Green Beans  **PM**:  Bananas🫘  Triscuits🌾 |
| Nat’l Bean Day  **6** | **7** | **8** | **9** | **10** |
| **AM:**  Yogurt🫘  Apples🫘  **LUNCH:**  Bean Chili🫘👩🏼‍🍳  Cornbread🫘🌾👩🏼‍🍳  Peas  **PM**:  Carrots🫘  Crackers | **AM:**  Eggs  Tortillas🌾  **LUNCH:**  Chickpea Cucumber Salad🫘👩🏼‍🍳  Rice🫘🌾  Broccoli  **PM**:  Pineapple  Granola🫘🌾👩🏼‍🍳 | **AM:**  Turkey Meatballs👩🏼‍🍳  Peaches  **LUNCH:**  Beet-Split Pea Dal👩🏼‍🍳  Barley🫘🌾  Cauliflower  **PM**:  Bell Peppers  Rice Cakes🌾 | **AM:**  Oatmeal🫘🌾  Oranges  **LUNCH:**  Lentil Shepherd's Pie🫘👩🏼‍🍳  Brussels Sprouts  Quinoa🫘🌾  **PM**:  Cheese  Bananas🫘 | Chef’s Special!  To help reduce food waste we use Fridays to serve food we have left from the week! |
| Nat’l Gluten Free Day **13** | **14** | **15** | **16** | **17** |
| **AM:**  Eggs & Oranges  **LUNCH:**  Taco Lentils🫘  Lettuce  Quinoa🫘🌾  Corn🫘  **PM**:  Seasoned Cucumbers  Rice Cakes🌾 | **AM:**  Cottage Cheese🫘  Bell Peppers  **LUNCH:**  Vegetable Soup🫘👩🏼‍🍳  (beans, mixed veggies)  Cauliflower & Barley🫘🌾  **PM**:  Peaches  Triscuits🌾 | **AM:**  Pumpkin Muffins🫘🌾👩🏼‍🍳  Bananas🫘  **LUNCH:**  Chicken Alfredo👩🏼‍🍳  Peas  Purple Cabbage  **PM**:  Cheese  Carrots🫘 | **AM:**  Sunbutter🫘  Apples🫘  **LUNCH:**  Cheesy Hummus Sandwiches🫘🌾👩🏼‍🍳  Salsa👩🏼‍🍳  Olives  **PM:**  Pineapple & Tortillas🌾 | Chef’s Special! |
| Nat’l Cheese Lovers Day **20** | **21** | **22** | **23** | **24** |
| **AM:**  Red Lentil Dip🫘👩🏼‍🍳  Carrots🫘  **LUNCH:**  Gouda-Pesto Mac-N-Cheese👩🏼‍🍳  Sweet Potatoes  Peas  **PM**:  Peaches  Triscuits🌾 | **AM:**  Turkey Meatballs👩🏼‍🍳 & Oranges  **LUNCH:** 👩🏼‍🍳  Ginisang Munggo🫘  (mung beans and spinach)  Sinangag🫘🌾  (garlic rice)  Ginisang Okra  **PM**:  Bananas🫘 & Granola🫘🌾👩🏼‍🍳 | **AM:**  Eggs  Cucumbers  **LUNCH:**  Bean Spread🫘👩🏼‍🍳 & Tortillas🌾  Salsa👩🏼‍🍳  Potatoes  **PM**:  Pineapple  Rice Cakes🌾 | **AM:**  Yogurt🫘  Apples🫘  **LUNCH:** Golden Curry🫘👩🏼‍🍳  (chickpeas & potatoes)  Green Beans  Quinoa🫘🌾  **PM**:  Bell Peppers & Crackers | Chef’s Special! |
| **27** | **28** | **29** | **30** | **31** |
| **AM:**  Sunbutter🫘  Oatmeal🫘🌾  **LUNCH:**  Lentil-Barley Greek Style🫘🌾👩🏼‍🍳  Olives & Cucumbers  **PM**:  Oranges  Crackers | **AM:**  Yogurt🫘  Granola🫘🌾👩🏼‍🍳  **LUNCH:**  Chicken Penne👩🏼‍🍳  Green Beans & Corn🫘  **PM**:  Apples🫘  Toast🫘🌾 | **AM:**  Eggs & Tortillas🌾  **LUNCH:**  Chickpea Stew🫘👩🏼‍🍳  (spinach/sweet potatoes)  Broccoli & Rice🫘🌾  **PM**:  Bananas🫘  Carrots🫘 | **AM:**  Bean Dip🫘👩🏼‍🍳  Bell Peppers  **LUNCH:**  Cheese Pizza🫘🌾👩🏼‍🍳  Peas & Pineapple  **PM**:  Peaches  Rice Cakes🌾 | Chef’s Special! |