

Week 5



Fall & Winter **Daily Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	Quinoa porridge with fruit, & milk	Homemade muffins, yogurt, fruit, & milk	Scrambled eggs with toast, fruit, & milk	Cereal with fruit & milk	Whole wheat waffles with fruit & milk
L U N C H	Chicken veggie pot pie, fruit, & milk	Macaroni & cheese with ground turkey, vegetables, fruit, & milk	Creamy black bean soup with tortilla chips, avocado, corn, & milk	Turkey baked ziti, vegetables, fruit, & milk	Chicken stir fry with Rice, egg rolls, fruit, & milk
S N A C K	Sliced Bell Peppers with String Cheese	Animal Crackers with Applesauce	Hummus & Pita	Cottage Cheese & Crackers	Cucumber Slices with Yogurt

The Acorn School provides whole milk to children 1-2 years of age and 1% milk to children 2 years and older.

* Soy milk is available upon request.

Allergies and other dietary restrictions will be accommodated with adequate substitutions.

The Acorn School participates in the Child and Adult Care Food Program. In accordance with Federal Law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

