



The Foods of Our Community

Little Foodies Menu: June 10 – 14, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30am	Apple Pie Oatmeal Blackberries Milk & Water	Creamy Maple Quinoa Flakes Blueberries Milk & Water	Cinnamon Raisin French Toast Raspberries Milk & Water	Sweet Potato Pancakes Blackberries Milk & Water	Cinnamon Peach Overnight Oats Blueberries Milk & Water
Lunch 1 st lunch 11:30 am 2 nd lunch 12:00 pm	Citrus-Braised Tempeh w/ Broccoli & Kale, Bulgur Peaches Milk & Water	Spanish Chickpea Stew w/ Chard & Currants, Red Quinoa Apricots Milk & Water	Red Bean Bolognese w/ Orzo , Cauliflower & Red Peppers Nectarines Milk & Water	Cannellini Bean Stew w/ "Bacon" & Spinach Brown Rice Apples Milk & Water	Lentil Shepherd's Pie w/ Mushrooms Wheat Berries Oranges Milk & Water
1st Snack 2:30pm	Mango Chia Pudding Water	Crudites w/ Sunbutter Water	Spinach-Avocado Pesto w/ Pita Water	Red Lentil Wraps Water	Raspberry Sunbutter Sandwiches Water
Grab & Go Snack 4:30pm	Spiced Apple Bread Watermelon	Golden Spiced Carrot Muffins Honeydew	Zucchini Bread Cantaloupe	Orange Cardamom Muffins Honeydew	Crispy BBQ Chickpeas (gf) Watermelon

Fruit & Vegetable Purees

Parsnip	Raspberry	Pear	Edamame	Zucchini
Beet	Strawberry	Mango	Chickpea	Cauliflower
Sweet Potato	Blueberry	Peach	Green Pea	Broccoli
Celeriac	Blackberry	Banana	Sweet Corn	Kale
Rutabaga	Apple	Avocado	Squash	Chard

- All food made in kitchen is plant-based.
- contains sesame
- contains gluten
- All grab-n-go snacks include gluten unless indicated otherwise.
- Milk is from grass-fed cows.

Infant's Name: _____

Parent Signature: _____