



BREAKFAST

- Organic Oatmeal with Seasonal Fresh Fruit and Organic Milk
- Organic Cage Free eggs with Whole Grain Toast, trans fat free spread and all fruit jam
- Whole Grain cereals with Organic or Soy Milk and Seasonal Fresh Fruit
- Whole grain French Toast made with organic eggs and milk served with seasonal Fresh Fruit or Pure Maple Syrup

LUNCH

- Fresh turkey breast on Whole Grain bread
- Baked breaded chicken strips and brown rice or roasted potatoes
- Pasta with homemade tomato sauce with turkey meatballs
- Chicken Taco with choice of whole wheat tortillas
- Individual Pizza pies made with homemade sauce and low fat cheese

*All lunches are served with a vegetable and fruit

SNACKS

- Organic or Soy Yogurts
- Fresh Fruits and Vegetables with low fat dippers and hummus
- Homemade muffins and low sugar cookies and whole grain quick breads
- Whole grain pretzels with hummus
- Organic Whole grain tortillas with salsa

BEVERAGES

- Organic low fat milk (whole milk for children under the age of 2)
- Soy Milk
- Organic 100% fruit juices (juice is limited to 1 cup/day)
- Water

The 2010 Dietary Guidelines for Americans focus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and trans fats, added sugars, and refined grains.

