



NOVEMBER

2024 PRESCHOOL VEGETARIAN MENU BREAKFAST, LUNCH & SNACK



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.

Menu Items are subject to change based on availability

1 Croissant

Carrot Mac and Cheese
Carrot Disks
Broccoli

Blood Orange Yogurt Bread

4 Homemade Granola with Flax Seed & Crispies

Yellow Rice
Pinto Bean Tacos
Fiesta Corn & Bean Salad

Cheese Cubes & Pita

5 Greek Yogurt & Blueberry Compote

Buttered Egg Noodles
Swedish Mushroom 'Meat'balls
Peas

Banana Bread

6 Apple Cinnamon Bread

Toasted Cheddar Sandwiches
Creamy Tomato Soup
Broccoli

Chickpea Hummus & Pita

7 Greek Yogurt and Maples Syrup

Seitan Tagliarini
Buttered Corn
Cheesy Cauliflower

Homemade Pimento Cheese and Cucumbers

8 Croissants

Quinoa Fritters
Roasted Whipped Sweet Potatoes
Carrots Disks

Apple Cinnamon Bread

11 Bagel & Cream Cheese

Tandoori Paneer & Chickpeas
Steamed Rice
Veggie Chickpea
Tikka Masala

Blueberry Lemon Bread

12 Strawberry Chia Pudding

Penne
Chickpea Bolognese
Broccoli

Fresh Herb Ranch Cottage Cheese & Pita

13 Cheese Cubes & Pita

BBQ Tofu Strips
Corn Bread
Peas
Salmon with Roasted Red Pepper Glaze

Berry Yogurt Cream Cup

14 Croissant

BlackBean Sliders with Tomato Glaze
Brioche Roll
Green Beans

Mozzarella Pearls & Cucumbers

15 Greek Yogurt with Maple Syrup

Cheesy Pizza Bites
Kale Pesto White Beans
Carrot Disks

Chocolate Granola Biscuit

18 Homemade Granola with Flax Seed & Crispies

Arroz con Frijoles
Mexican Street Corn
Cumin Spiced Carrot Disks

Banana Bread

19 Croissant & Butter

Mini Cheese Ravioli
Tomato Mascarpone Sauce
Peas & Carrots

Pumpkin Bread

20 Bagel & Cream Cheese

Mediterranean Mushroom 'Meat'balls
Turmeric Cauliflower
Orzo with Broccoli & Garlic

Orange Creamsack Smoothie

21 Apple Cinnamon Bread

Quinoa Fritters
Creamy Smashed Potatoes
Carrot Disks

Cheddar Cheese Cubes & Pita

22 Greek Yogurt with Maple Syrup

Brioche Rolls
Pulled BBQ Seitan
Broccoli

Carrot Bread

25 Bagel & Cream Cheese

Spinach Ricotta 'Meat'balls with Marinara
Ditalini
Cheesy Cauliflower

Fresh Herb Ranch Cottage Cheese & Cucumbers

26 Strawberry Chia Pudding

Yellow Rice
BlackBean Tacos
Green Beans

Cheddar Corn Bread

27 Mozzarella Pearls & Pita

Fontina Mac & Cheese
Carrot Disks
Broccoli
Pollack with Herb Butter

Pumpkin Yogurt Cream Cup

28

NO SCHOOL

29

NO SCHOOL