

CONSCIOUS KITCHEN @ PERES

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Granola & Yogurt Fruit: Bananas Milk/Water Lunch Pasta Marinara Vegetable: Salad Fruit: Mandarins Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Apples Milk/Water Lunch Bean & Cheese Burrito Vegetable: Roasted Butternut Squash Fruit: Pears, Milk/Water	Breakfast Egg Frittata Fruit: Oranges Milk/Water Lunch Chicken Fajitas Vegetable: Roasted Carrots Fruit: Apples Milk/Water	Breakfast Cinna Crunch & Yogurt Fruit: Bananas Milk/Water Lunch Vegetable Chili & Tortilla Chips Vegetable: CK Slaw Fruit: Fruit Salad Milk/Water	Breakfast Banana Bread Fruit: Smoothie Milk/Water Lunch Shepherds Pie Vegetable: Roasted Cauliflower Fruit: Mandarins Grain: Baguettes, Milk/Water
Breakfast Granola & Yogurt Fruit: Bananas Milk/Water Lunch Mac & Cheese Vegetable: Carrot Sticks Fruit: Apples Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Oranges, Milk/Water Lunch Bean Enchilada Casserole Vegetable: Roasted Cauliflower Fruit: Pears Milk/Water	Breakfast Egg Frittata Fruit: Kiwis Milk/Water Lunch Chicken & Rice Vegetable: Salad Fruit: Apples Milk/Water	Breakfast Cereal & Yogurt Fruit: Bananas Milk/Water Lunch Pasta Marinara Vegetable: Roasted Carrots Fruit: Fruit Salad Milk/Water	Breakfast Banana Bread Fruit: Smoothie Milk/Water Lunch Korean Beef & Rice Vegetable: CK Slaw Fruit: Mandarins Milk/Water
MLK DAY	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Bananas, Milk/Water Lunch Pasta Marinara Vegetable: Salad Fruit: Apples Milk/Water	Breakfast Egg Frittata Fruit: Oranges Milk/Water Lunch Orange Chicken Drumsticks & Rice Vegetable: Roasted Carrots Fruit: Pears Milk/Water	Breakfast Granola & Yogurt Fruit: Bananas Milk/Water Lunch Beans and Rice & Tortilla Chips Vegetable: Roasted Cauliflower Fruit: Fruit Salad Milk/Water	Breakfast Banana Bread Fruit: Smoothie Milk/Water Lunch Shepherds Pie Vegetable: Roasted Squash Fruit: Kiwis/Oranges Milk/Water
Breakfast Granola & Yogurt Fruit: Apples Milk/Water Lunch Mac & Cheese Vegetable: Carrot Sticks Fruit: Kiwis Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Bananas, Milk/Water Lunch Bean & Cheese Burrito Vegetable: Roasted Cauliflower Fruit: Apples Milk/Water	Breakfast Egg Frittata Fruit: Oranges Milk/Water Lunch BBQ Chicken & Rice Vegetable: Roasted Broccoli Fruit: Navel Oranges Milk/Water	Breakfast Cinna crunch & Yogurt Fruit: Bananas Milk/Water Lunch Vegetable Chili & Tortilla Chips Vegetable: CK Slaw Fruit: Pears Milk/Water	Breakfast Banana Bread Fruit: Smoothie Milk/Water Lunch Korean Beef & Rice Vegetable: Roasted Butternut Squash Fruit: Mandarins Milk/Water

Meals will be prepared with fresh, local, organic, ingredients.
 Substitutions may occur based on availability.