

CONSCIOUS KITCHEN @ PERES

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Granola & Yogurt Fruit: Oranges Milk/Water Lunch Mac & Cheese Vegetable: Roasted Carrots Fruit: Apples Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Bananas Milk/Water Lunch Spanish Rice & Beans Vegetable: Roasted Butternut Squash Fruit: Oranges, Milk/Water	Breakfast Cereal & Yogurt Fruit: Bananas Milk/Water Lunch BBQ Chicken with Herb Roasted Red Potatoes Vegetable: Roasted Broccoli Fruit: Pears, Milk/Water	Breakfast Egg Frittata with Whole Wheat Toast Fruit: Kiwis, Milk/Water Lunch CK Hamburger Helper with Cheddar Cheese Vegetable: Roasted Cauliflower Fruit: Mandarins, Milk/Water	Breakfast Banana Bread Fruit: Smoothie & Mandarins Milk/Water Lunch Beef Hot Dog Vegetable: Taco Salad Fruit: Fruit Salad Milk/Water
Breakfast Granola & Yogurt Fruit: Oranges Milk/Water Lunch Grilled Cheese Sandwiches Vegetable: Carrots with Ranch Dressing Fruit: Apples, Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Banana, Milk/Water Lunch Bean & Cheese Burrito Vegetable: Roasted Butternut Squash Fruit: Pears Milk/Water	Breakfast Cinnacrunch & Yogurt Fruit: Bananas Milk/Water Lunch Lemon & Garlic Chicken Vegetable: Paprika Roasted Potatoes Fruit: Apples, Milk/Water	Breakfast Egg Frittata with Whole Wheat Toast Fruit: Mandarins Milk/Water Lunch Korean Beef Vegetable: Roasted Cauliflower Fruit: Fruit Salad, Milk/Water	Breakfast Zucchini Bread Fruit: Smoothie & Kiwis Milk/Water Lunch Cheese Pizza Vegetable: Caesar Salad Fruit: Apples, Milk/Water
Breakfast Granola & Yogurt Fruit: Oranges Milk/Water Lunch Mac & Cheese Vegetable: Carrots with Ranch Dressing Fruit: Apples, Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Bananas, Milk/Water Lunch Spanish Rice, Beans, Cheese & Tortilla Chips Vegetable: Taco Salad Fruit: Oranges, Milk/Water	Breakfast Egg Frittata with Whole Wheat Toast Fruit: Kiwi, Milk/Water Lunch BBQ Chicken & Garlic Rice Vegetable: Roasted Cauliflower Fruit: Pears Milk/Water	Breakfast Cinnacrunch & Yogurt Fruit: Bananas Milk/Water Lunch Beef Bolognese Vegetable: Roasted Broccoli Fruit: Fruit Salad Milk/Water	Breakfast Banana Bread Fruit: Smoothie and Mandarin Milk/Water Lunch CK Leaders Lunch Special menu to follow Milk/Water
Breakfast Granola & Yogurt Fruit: Kiwis Milk/Water Lunch Pasta Marinara Vegetable: Carrots with Ranch Dressing Fruit: Oranges, Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Bananas, Milk/Water Lunch Bean & Cheese Burrito Vegetable: Taco Salad Fruit: Kiwis Milk/Water	Breakfast Egg Frittata with Whole Wheat Toast Fruit: Mandarins, Milk/Water Lunch Lemon garlic Chicken & Rice Vegetable: Roasted Cauliflower Fruit: Pears Milk/Water	Breakfast Cinnacrunch & Yogurt Fruit: Bananas, Milk/Water Lunch Baked Potatoes with Chili, Sour Cream & Cheddar Cheese Vegetable: Roasted Broccoli Fruit: Mandarins Milk/Water	Breakfast Zucchini Bread Fruit: Smoothie & Navel Orange Milk/Water Lunch Meatloaf with Cornbread & Mashed Potatoes Fruit: Apples Milk/Water

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