

CONSCIOUS KITCHEN @ PERES

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Granola & Yogurt Fruit: Oranges Milk/Water Lunch Pasta Marinara 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: Minneola Oranges 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: Banana, Milk/Water Lunch CK Hamburger Helper with Cheddar Cheese Vegetable: Roasted Zucchini Fruit: Pineapple, Orange, Milk/Water	Breakfast Zucchini Bread Fruit: Smoothie & Mandarins Milk/Water Lunch French Bread Pizza Vegetable: Caesar Salad Fruit: Fruit Salad, Milk/Water
Breakfast Granola & Yogurt Fruit: Oranges Milk/Water Lunch Penne Alfredo Vegetable: Carrots with Ranch Dressing Fruit: Pears, Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Banana, Milk/Water Lunch Super taco tuesday Vegetable: Taco salad Fruit: Pineapple and Orange Milk/Water	Breakfast Cinnacrunch & Yogurt Fruit: Mandarin Milk/Water Lunch Lemon and Garlic Chicken Vegetable: Paprika Roasted Potatoes Fruit: Apples, Milk/Water	Breakfast Egg Frittata with Whole Wheat Toast Fruit: Banana Milk/Water Lunch Pasta Marinara Vegetable: Roasted Sweet Potatoes Fruit: Fruit Salad, Milk/Water	Breakfast Banana Bread Fruit: Smoothie & Kiwis Milk/Water Lunch Grilled Cheese Vegetable: Roasted Broccoli Fruit: Apples, Milk/Water
Breakfast Granola & Yogurt Fruit: Oranges Milk/Water Lunch Mac & Cheese Vegetable: Carrots Fruit: Apples, Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Bananas, Milk/Water Lunch Bean and Cheese Nachos Vegetable: Roasted Zucchini 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 Baked Potato with Sour Cream, Cheddar Cheese, Chili, Green Onions Vegetable: Roasted Broccoli Fruit: Fruit Salad, Milk/Water	Breakfast Zucchini Bread Fruit: Smoothie and Mandarin Milk/Water Lunch Beef Hot Dog Vegetable: Taco Salad Fruit: Pineapple and Oranges Milk/Water
Breakfast Granola & Yogurt Fruit: Kiwis Milk/Water Lunch Penne Alfredo with Pesto Sauce Vegetable: Roasted Zucchini Fruit: Oranges, Milk/Water	Breakfast English Muffins, Cream Cheese & Jelly Fruit: Bananas, Milk/Water Lunch Bean and cheese Nachos Vegetable: Carrots with Ranch Dressing Fruit: Apples, Milk/Water			

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