## Sample Menu

\*Our eggs come from Red and Flower, our chickens.\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Pancakes, Bananas and Milk	Breakfast: Waffles, Yogurt and Pears	Breakfast: Toast, Eggs, and Cantaloupe	<b>Breakfast:</b> French Toast, Oranges and Milk	<b>Breakfast:</b> Cereal, Bananas and Milk
Lunch: Mac and Cheese, Green Beans and Apples	Lunch: Spaghetti, Salad and Apple Sauce	<b>Lunch:</b> Taquitos, Corn and Oranges	<b>Lunch:</b> Fish Sticks, Broccoli and Honeydew	<b>Lunch:</b> Bean and Cheese Burritos, Carrots and Pears