

Fruit and Flower Weekly Vegetarian Menu

February 6th – February 10th 2012

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Morning Snack Milk Cold Cereal | Morning Snack Milk Cold Cereal | Morning Snack Milk Cold Cereal | Morning Snack Milk Cold Cereal | Morning Snack Milk Cold Cereal |
| Breakfast Milk Berry Yogurt & Granola Pears | Breakfast Milk English Muffins Mandarin Oranges | Breakfast Milk Oatmeal Peaches | Breakfast Milk Bagels & Cream Cheese Apricots | Breakfast Milk Biscuits Pineapple Chunks |
| Lunch <i>Baked Ziti</i> Peas Oranges Milk *Rosebuds: Pears | Lunch <i>Black Bean Soup</i> Cheese Slices Crackers Green Beans Bananas Milk *Rosebuds: Peaches | Lunch <i>Pasta Vegetable Toss</i> Broccoli Pears Milk *Rosebuds: Pears/Carrots | Lunch <i>Sweet and Sour Veggie Chick</i> Brown Rice Green Salad Apples Milk *Rosebuds: Peaches/Beets | Lunch <i>Cheese Sandwiches on Whole Wheat Bread</i> Cucumbers/Lettuce Bananas Milk *Rosebuds: Pears |
| Afternoon Snack Apples Wheat Thins | Afternoon Snack Craisins Ritz/ Cream Cheese | Afternoon Snack Milk Pumpkin Bread | Afternoon Snack Grapes Soft Pretzels | Afternoon Snack Oranges Graham Crackers |

Children under 30 months will receive Organic whole milk. Children over 30 months will receive Organic non-fat milk.

Fruit & Flower Child Care is an equal opportunity provider.