



Mountain Preschool

# January 2017 Menu

**ALL Ingredients used are Certified Organic unless marked (\*) which indicates unavailable.**

<p>Mon 2</p>	<p>Tue 3 AM: Strawberry Kiefer with Butter Crackers PM: Asian Carrot Salad</p>	<p>Wed 4 AM: Vanilla Yogurt with Honey Raisin Granola PM: Shell Pasta with Garlic and Parmesan and Fruit</p>	<p>Thu 5 AM: Warm Zucchini Banana Bread with Fruit PM: Spinach Dip with Pretzel Crisps and Fruit</p>	<p>Fri 6 AM: Applesauce with Sesame Sticks PM: Dominican Rice and Beans with Fruit</p>
<p>9 AM: Blueberry Smoothie with Honey Graham Crackers PM: Garlic Edamame with Sesame Sticks and Fruit</p>	<p>10 AM: Oatmeal Berry Breakfast Cookies and Fruit PM: Creamy Polenta with Fruit</p>	<p>11 AM: Strawberry Kefir with Flax and Chia Seed Crackers PM: Soft Baked Cinnamon Chickpeas and Fruit</p>	<p>12 AM: Applesauce and Sesame Sticks PM: Chinese Vegetable Fried Rice and Fruit</p>	<p>13 AM: Mango Chutney and Butter Crackers PM: Cheese Quesadilla on Whole Wheat Tortilla and Fruit</p>
<p>16 MLK DAY</p>	<p>17 AM: Banana Smoothie with Flax and Chia Seed Crackers PM: Baked Ziti with Fruit</p>	<p>18 AM: Vanilla Yogurt with Honey Craisin Granola PM: Vegetables with Herb Ranch Dip</p>	<p>19 AM: Oatmeal Berry Breakfast Cookies with Fruit PM: Italian White Bean Salad with Fruit</p>	<p>20 AM: Blueberry Smoothie with Honey Graham Crackers PM: Caribbean Peas and Rice with Fruit</p>
<p>23 AM: Applesauce with Sesame Sticks PM: Asian Carrot Salad with Fruit</p>	<p>24 AM: Chia Pudding with Fruit PM: South African POP (Soft Polenta) with Fruit</p>	<p>25 AM: Banana Cinnamon Smoothie with Flax and Chia Seed Crackers PM: Spinach Dip with Pita Crisps and Fruit</p>	<p>26 AM: Strawberry Kefir with Honey Graham Crackers PM: SuperMac and Cheese with Fruit</p>	<p>27 AM: Fresh Baked Zucchini Bread and Fruit PM: Italian White Bean Salad with Fruit</p>
<p>30 AM: Vanilla Yogurt with Honey Raisin Granola PM: Edamame* Salad with Sesame Sticks and Fruit</p>	<p>31 AM: Blueberry Smoothie with Honey Graham Crackers PM: Cheese Quesadilla on Whole Wheat Tortilla with Fruit</p>			