



Priscilla Pond Flawn
**Child and Family
 Laboratory**

Fall 2019 Menu

<p>Monday September 2</p> <p>Labor Day CLOSED</p>	<p>Tuesday September 3</p> <p>Caprese Salad ♥ & Toast</p>	<p>Wednesday September 4</p> <p>Carrot Hummus ♥ Pita Chips</p>	<p>Thursday September 5</p> <p>Whole Wheat Pasta Peas Marinara</p>
<p>Monday September 9</p> <p>Strawberry & Cucumber Salad ♥ Pita Bread</p>	<p>Tuesday September 10</p> <p>Apple Slices w/ Sun butter 🌿 & String Cheese</p>	<p>Wednesday September 11</p> <p>Overnight Oats ♥DF 🌿 Frozen Mixed Berries</p>	<p>Thursday September 12</p> <p>Mandarin Oranges Rice Crackers</p>
<p>Monday September 16</p> <p>Broccoli Woven Wheats</p>	<p>Tuesday September 17</p> <p>Tomato Avocado Salad ♥ 🌿 & Cheese Quesadilla</p>	<p>Wednesday September 18</p> <p>Mac & Cheese ♥</p>	<p>Thursday September 19</p> <p>Fresh Mixed Berries Cheese Cubes</p>
<p>Monday September 23</p> <p>Cottage Cheese Pineapple</p>	<p>Tuesday September 24</p> <p>Trail Mix ♥ (Rice Chex, Corn Chex, Cheddar Bunnies, Raisins) Bananas</p>	<p>Wednesday September 25</p> <p>Spanish Rice ♥ 🌿 Zucchini & Squash</p>	<p>Thursday September 26</p> <p>Black Bean Spread ♥ 🌿 Wheat Tortillas</p>

Our goal is to provide organic, non-GMO, low gluten and whole grain snacks as much as possible.

♥ = Homemade by Ashley DF = Made with Coconut Milk, Dairy Free 🌿 = Vegan



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Monday September 30 Caprese Salad ♥ & Toast	Tuesday October 1 Rice Cakes Cream Cheese	Wednesday October 2 Whole Wheat Pasta Peas Marinara	Thursday October 3 Carrot Hummus ♥ Pita Chips
Monday October 7 Apple Slices w/ Sun butter 🌿 & String Cheese	Tuesday October 8 Strawberry & Cucumber Salad ♥ Pita Bread	Wednesday October 9 Mandarins Rice Crackers	Thursday October 10 Overnight Oats ♥DF 🌿 Frozen Mixed Berries
Monday October 14 PT Conferences CLOSED	Tuesday October 15 Broccoli Woven Wheats	Wednesday October 16 Fresh Mixed Berries Cheese Cubes	Thursday October 17 Mac & Cheese ♥
Monday October 21 Trail Mix ♥ (Rice & Corn Chex, Cheddar Bunnies, Raisins) Bananas	Tuesday October 22 Cottage Cheese Pineapple	Wednesday October 23 Black Bean Spread ♥ 🌿 Wheat Tortillas	Thursday October 24 Spanish Rice ♥ 🌿 Zucchini & Squash

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Monday October 28 Rice Cakes Cream Cheese	Tuesday October 29 Caprese Salad ♥ & Toast	Wednesday October 30 Carrot Hummus ♥ Pita Chips	Thursday October 31 Whole Wheat Pasta Peas Marinara
Monday November 4 Strawberry & Cucumber Salad ♥ Pita Bread	Tuesday November 5 Apple Slices w/ Sun butter 🌿 & String Cheese	Wednesday November 6 Overnight Oats ♥DF 🌿 Frozen Mixed Berries	Thursday November 7 Mandarin Oranges Rice Crackers
Monday November 11 Broccoli Woven Wheats	Tuesday November 12 Tomato Avocado Salad ♥ 🌿 & Cheese Quesadilla	Wednesday November 13 Mac & Cheese ♥	Thursday November 14 Fresh Mixed Berries Cheese Cubes
Monday November 18 Cottage Cheese Pineapple	Tuesday November 19 Trail Mix ♥ (Rice Chex, Corn Chex, Cheddar Bunnies, Raisins) Bananas	Wednesday November 20 Spanish Rice ♥ 🌿 Zucchini & Squash	Thursday November 21 Black Bean Spread ♥ 🌿 Wheat Tortillas

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Monday November 25 Caprese Salad ♥ & Toast	Tuesday November 26 Rice Cakes Cream Cheese	Wednesday November 27 CLOSED	Thursday November 28 CLOSED
Monday December 2 Apple Slices w/ Sun butter 🌿 & String Cheese	Tuesday December 3 Strawberry & Cucumber Salad ♥ Pita Bread	Wednesday December 4 Mandarins Rice Crackers	Thursday December 5 Overnight Oats ♥DF🌿 Frozen Mixed Berries

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