



Priscilla Pond Flawn
**Child and Family
Laboratory**

Fall 2020 Menu

Monday August 31 Caprese Salad ♥ & Toast	Tuesday September 1 Caprese Salad ♥ & Toast	Wednesday September 2 Overnight Oats ♥ DF 🌿 Frozen Mixed Berries	Thursday September 3 Overnight Oats ♥ DF 🌿 Frozen Mixed Berries
Monday September 7 CLOSED	Tuesday September 8 Apple Slices w/ Sun butter 🌿 & String Cheese	Wednesday September 9 Yogurt & Frozen Mango	Thursday September 10 Yogurt & Frozen Mango
Monday September 14 Mandarin Oranges Rice Crackers	Tuesday September 15 Mandarin Oranges Rice Crackers	Wednesday September 16 Carrot Hummus ♥ Pita Chips	Thursday September 17 Carrot Hummus ♥ Pita Chips
Monday September 21 Trail Mix ♥ GF (Rice Chex, Corn Chex, Cheddar Bunnies, Raisins) Bananas	Tuesday September 22 Trail Mix ♥ GF (Rice Chex, Corn Chex, Cheddar Bunnies, Raisins) Bananas	Wednesday September 23 Fresh Mixed Berries Cheese Cubes	Thursday September 24 Fresh Mixed Berries Cheese Cubes

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 GF-Gluten Free



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Monday September 28 Rice Cakes Cream Cheese	Tuesday September 29 Rice Cakes Cream Cheese	Wednesday September 30 Strawberry & Cucumber Salad Pita Bread	Thursday October 1 Strawberry & Cucumber Salad Pita Bread
Monday October 5 Apple Slices w/ Sun butter & String Cheese	Tuesday October 6 Whole Wheat Pasta Peas Marinara	Wednesday October 7 Mandarins Rice Crackers	Thursday October 8 Overnight Oats DF Frozen Mixed Berries
Monday October 12 CLOSED	Tuesday October 13 Broccoli Woven Wheats	Wednesday October 14 Avocado Dip & Cheese Quesadilla	Thursday October 15 CLOSED
Monday October 19 Trail Mix (Rice & Corn Chex, Cheddar Bunnies, Raisins) Bananas	Tuesday October 20 Yogurt & Frozen Mango	Wednesday October 21 Fresh Mixed Berries Cheese Cubes	Thursday October 22 Black Bean Spread Wheat Tortillas

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Monday October 26 Rice Cakes Cream Cheese	Tuesday October 27 Caprese Salad ♥ & Toast	Wednesday October 28 Carrot Hummus ♥ Pita Chips	Thursday October 29 Whole Wheat Pasta Peas Marinara
Monday November 2 Strawberry & Cucumber Salad ♥ Pita Bread	Tuesday November 3 Apple Slices w/ Sun butter 🌿 & String Cheese	Wednesday November 4 Overnight Oats ♥ DF 🌿 Frozen Mixed Berries	Thursday November 5 Mandarin Oranges Rice Crackers
Monday November 9 Broccoli Woven Wheats	Tuesday November 10 Avocado Dip ♥ 🌿 & Cheese Quesadilla	Wednesday November 11 Whole Wheat Pasta, Green Beans, Parmesan Cheese	Thursday November 12 Fresh Mixed Berries Cheese Cubes
Monday November 16 Yogurt & Frozen Mango	Tuesday November 17 Trail Mix ♥ (Rice Chex, Corn Chex, Cheddar Bunnies, Raisins) Bananas	Wednesday November 18 Mac & Cheese ♥	Thursday November 19 Black Bean Spread ♥ 🌿 Wheat Tortillas

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<p>Monday November 23</p> <p>Caprese Salad ♥ & Toast</p>	<p>Tuesday November 24</p> <p>Rice Cakes Cream Cheese</p>	<p>Wednesday November 27</p> <p>CLOSED</p>	<p>Thursday November 28</p> <p>CLOSED</p>
<p>Monday November 30</p> <p>Apple Slices w/ Sun butter 🌿 & String Cheese</p>	<p>Tuesday December 1</p> <p>Strawberry & Cucumber Salad ♥ Pita Bread</p>	<p>Wednesday December 2</p> <p>Mandarins Rice Crackers</p>	<p>Thursday December 3</p> <p>Overnight Oats ♥ DF 🌿 Frozen Mixed Berries</p>

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