



Priscilla Pond Flawn
**Child and Family
 Laboratory**
Fall 2021 Menu

Monday August 30 Fresh Mixed Berries Cheese Cubes	Tuesday August 31 Avocado Dip ♥ ♻️ & Cheese Quesadilla	Wednesday September 1 Mandarin Oranges Rice Crackers	Thursday September 2 Overnight Oats ♥DF ♻️ Frozen Mixed Berries
Monday September 6 CLOSED	Tuesday September 7 Whole Wheat Pasta Peas Marinara	Wednesday September 8 Yogurt & Frozen Mango	Thursday September 9 Broccoli & Woven Wheats
Monday September 13 Rice Cakes Cream Cheese	Tuesday September 14 Mandarin Oranges Rice Crackers	Wednesday September 15 Strawberry & Cucumber Salad ♥ Pita Bread	Thursday September 16 Carrot Hummus ♥ Pita Chips
Monday September 20 Trail Mix ♥GF (Rice Chex, Corn Chex, Cheddar Bunnies, Raisins) Bananas	Tuesday September 21 Fresh Mixed Berries Cheese Cubes	Wednesday September 22 Black Bean Spread ♥ ♻️ Wheat Tortillas	Thursday September 23 Mac & Cheese ♥

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 27 Caprese Salad ♥ & Toast	Tuesday September 28 Rice Cakes Cream Cheese	Wednesday September 29 Yogurt & Frozen Mango	Thursday September 30 Strawberry & Cucumber Salad ♥ Pita Bread
Monday October 4 Apple Slices w/ Sun butter ♡ & String Cheese	Tuesday October 5 Whole Wheat Pasta Peas Marinara	Wednesday October 6 Mandarins Rice Crackers	Thursday October 7 Overnight Oats ♥DF ♡ Frozen Mixed Berries
Monday October 11 Mac & Cheese ♥	Tuesday October 12 Broccoli Woven Wheats	Wednesday October 13 Avocado Dip ♥ ♡ & Cheese Quesadilla	Thursday October 14 CLOSED
Monday October 18 Trail Mix ♥ (Rice & Corn Chex, Cheddar Bunnies, Raisins) Bananas	Tuesday October 19 Yogurt & Frozen Mango	Wednesday October 20 Fresh Mixed Berries Cheese Cubes	Thursday October 21 Black Bean Spread ♥ ♡ Wheat Tortillas

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Monday October 25 Caprese Salad ♥ & Toast	Tuesday October 26 Rice Cakes Cream Cheese	Wednesday October 27 Carrot Hummus ♥ Pita Chips	Thursday October 28 Strawberry & Cucumber Salad ♥ Pita Bread
Monday November 1 Apple Slices w/ Sun butter ♡ & String Cheese	Tuesday November 2 Strawberry & Cucumber Salad ♥ Pita Bread	Wednesday November 3 Mandarins Rice Crackers	Thursday November 4 Overnight Oats ♥DF ♡ Frozen Mixed Berries
Monday November 8 Fresh Mixed Berries Cheese Cubes	Tuesday November 9 Broccoli Woven Wheats	Wednesday November 10 Avocado Dip ♥ ♡ & Cheese Quesadilla	Thursday November 11 Whole Wheat Pasta, Green Beans, Parmesan Cheese
Monday November 15 Trail Mix ♥ (Rice Chex, Corn Chex, Cheddar Bunnies, Raisins) Bananas	Tuesday November 16 Yogurt & Frozen Mango	Wednesday November 17 Black Bean Spread ♥ ♡ Wheat Tortillas	Thursday November 18 Mac & Cheese ♥

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Monday November 22 Fresh Mixed Berries Cheese Cubes	Tuesday November 23 Avocado Dip ♥ ♻️ & Cheese Quesadilla	Wednesday November 24 CLOSED	Thursday November 25 CLOSED
Monday November 29 Apple Slices w/ Sun butter ♻️ & String Cheese	Tuesday November 30 Whole Wheat Pasta Peas Marinara	Wednesday December 1 Yogurt & Frozen Mango	Thursday December 2 Broccoli & Woven Wheats

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