

Mountain Bluebells 2024~2025 Menu

Our school menu stays the same throughout the school year. Children thrive on consistency and knowing what they will be eating each day gives them a sense of comfort. All of our foods are made from scratch using organic and locally sourced ingredients whenever possible. And they are definitely infused with lots of love.

Water, herbal tea & milk are available with each meal.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 9:15am	Whole Grain Crepes Served w/ yogurt & fruit	Brown Rice Served w/ braggs, butter, & fruit	Homemade Bread Served w/ fresh churned butter & fruit	Sweet Potato Waffles Served w/ applesauce & fruit	Hot Oatmeal served w/ fruit, nuts, cream & maple syrup
Lunch 12:15pm	Polenta & Meatballs Served w/seasonal veggies & fruit	Roast Chicken Served w/ potatoes, seasonal veggies & fruit	Stone Soup Prepared lovingly by the children with veggies brought from home	Enchiladas or Stir Fry (alternating) Served w/ rice, seasonal veggies & fruit	Homemade Pizza Served w/ seasonal veggies & fruit
PM Snack 3pm	Simple Fare including: dried fruit & nuts, cheese, rice cakes, whole grain crackers, fresh fruit & popcorn				