

Mountain Bluebells 2019-2020 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 meals are served family style. Adults will help to serve Sweet Peas & Snapdragons but Shooting Stars will be encouraged to serve themselves and make their own food choices.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 10:15am	Whole Grain Muffins Served w/ butter & fruit	Brown Rice Served w/ braggs, butter, & fruit	Homemade Bread Served w/ fresh churned butter & fruit	Millet cakes Served w/ applesauce & fruit	Hot Oatmeal served w/ fruit, nuts, cream & maple syrup
Lunch 12:30pm	Roast Chicken Served w/ potatoes or rice, seasonal veggies, and fruit	Stone Soup Prepared lovingly by the children with veggies brought from home	Roast Pork Served w/ potatoes or rice, seasonal veggies and fruit	Quiche Served w/ seasonal veggies & fruit	Homemade Pizza Served with seasonal veggies & fruit
PM Snack 3pm	Simple Fare including: dried fruit & nuts, cheese, rice cakes, fresh fruit & popcorn				