



SAMPLE MENU

Day	Snack 10:00-10:15 AM	Lunch 12:00-12:30 PM	Snack 3:00-3:15PM
Monday	Cheese Slices with Seasonal Fruit/Vegetables	<u>Vegetarian Black Bean Chili with Whole Wheat Tortilla Strips</u> served with seasonal fruits and vegetables and organic milk	Berry Bars with Seasonal Fruit/Vegetables
Tuesday	Cinnamon Raisin Oatmeal/Granola with Seasonal Fruit/Vegetables	<u>Cheesy Brown Rice and Bean Bake</u> served with seasonal fruits and vegetables and organic milk	Cheese Slices with Seasonal Fruit/Vegetables
Wednesday	Cottage Cheese with Seasonal Fruit	<u>Whole Wheat Cheese Quesadillas</u> served with seasonal fruits and vegetables and organic milk	Garbanzo Bean Hummus with Seasonal Fruit/Vegetables
Thursday	Whole Wheat Cinnamon Toast with Seasonal Fruit/Vegetables	<u>Mediterranean Chickpea and Brown Rice Bowls</u> served with seasonal fruits and vegetables and organic milk	Whole Wheat Vegetable Muffins with Seasonal Fruit/Vegetables
Friday	Berry Bars with Seasonal Fruit/Vegetables	<u>Toasted Whole Wheat Cheese Sandwiches</u> served with seasonal fruits and vegetables and organic milk	Whole Wheat Cinnamon Tortilla Squares with Seasonal Fruit/Vegetables

Our meals are always prepared with the freshest ingredients. All the dairy products served by CMLC are locally made and hormone-free. Daily, our students enjoy nutritious organic milk with lunch. Following state requirements, we always provide appropriate portion sizes.

We pride ourselves on serving your child the very best ingredients available while encouraging healthy habits during mealtime. Creative Minds offers wholesome vegetarian meals with flavor and color that get children excited about healthy eating. We encourage each child to try the foods that are offered, but do not require them to eat specific foods/amounts that they do not agree with.

You will often find our teachers sitting with the children during meals and snacks and engaging in conversations about positive healthy eating habits individually with your child, as well as encouraging conversations between children as a group. We focus on a healthy lifestyle and that starts with the foods we put into our bodies.

If your child has any allergies, please let your Director know immediately and please fill out an allergy form so we may offer your child a substitution. If you would like to provide your child with snacks from home or a sack lunch, please label foods from home with your child's name and do not send candy or soda as this will be sent back home with your child. Also, keep in mind all CMLC schools are nut-free sites. If you would like to bring treats for parties, please remember we can only serve sealed store bought treats that are **nut-free**. Please check with your Director before hand so we can coordinate times!