



Elementary School Sample Menu

503-371-1108 * www.organicfreshfingers.com * alexis@organicfreshfingers.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p><u>AM Snack:</u> Fresh Fruit, Yogurt & Granola</p> <p><u>Lunch:</u> Red Lentil Hash w/ Whole Wheat Roll or Fiesta Bowtie Pasta w/ fresh organic fruit & veggie</p>	<p>5</p> <p><u>AM Snack:</u> Pancakes, Fresh Fruit Topping & Cream Cheese</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Veggie Quiche or Mozzarella Pasta Bake w/ fresh organic fruit & veggie</p>	<p>6</p> <p><u>AM Snack:</u> Cereal, Fresh Fruit & Hard Boiled Egg</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Enchilada Bake or Split Pea Soup w/ fresh organic fruit & veggie</p>	<p>7</p> <p><u>AM Snack:</u> Oatmeal, Raisins & Yogurt</p> <p><u>Lunch:</u> Messy Moes or Chili Verde w/ Rice w/ fresh organic fruit & veggie</p>	<p>8</p> <p><u>AM Snack:</u> Applesauce, Muffin & Cottage Cheese</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Traditional Pizza Bagels or Sensational Stroganoff w/ fresh organic fruit & veggie</p>
<p>11</p> <p><u>AM Snack:</u> Fresh Fruit, Cottage Cheese & Granola</p> <p><u>Lunch:</u> Homestyle Pot Pie or Vegetable Soup w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p>	<p>12</p> <p><u>AM Snack:</u> Cereal, Fresh Fruit & Hard Boiled Egg</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Bean & Rice Burritos or Pasta e Fagioli w/ fresh organic fruit & veggie</p>	<p>13</p> <p><u>AM Snack:</u> French Toast, Fresh Fruit Topping & Yogurt</p> <p><u>Lunch:</u> Spaghetti w/ Lentil Tomato Sauce or Tamale Pie w/ fresh organic fruit & veggie</p>	<p>14</p> <p><u>AM Snack:</u> Applesauce, Bagel & Cream Cheese</p> <p><u>Lunch:</u> Southwest Chili w/ Whole Wheat Roll or Egg Fried Rice w/ fresh organic fruit & veggie</p>	<p>15</p> <p><u>AM Snack:</u> Hard Boiled Egg, Fresh Fruit & Muffin</p> <p><u>Lunch:</u> (CONTAINS DAIRY) White Sauce Pizza Bagel or Mac & Cheese w/ fresh organic fruit & veggie</p>

SAMPLE 2011



*All lunches include Fruits and Vegetables * All lunches served with a variety of Milk

Salem, Oregon 97301

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<p>18</p> <p><u>AM Snack:</u> Fresh Fruit, Yogurt & Granola</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Enchilada Bake or Messy Moes w/ fresh organic fruit & veggie</p>	<p>19</p> <p><u>AM Snack:</u> Waffles, Fresh Fruit Topping & Cream Cheese</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Mozzarella Pasta Bake or Red Lentil Hash w/ fresh organic fruit & veggie</p>	<p>20</p> <p><u>AM Snack:</u> Cereal, Fresh Fruit & Hard Boiled Egg</p> <p><u>Lunch:</u> Chili Verde w/ Rice or Veggie Quiche w/ fresh organic fruit & veggie</p>	<p>21</p> <p><u>AM Snack:</u> Oatmeal, Raisins & Cottage Cheese</p> <p><u>Lunch:</u> Fiesta Bowtie Pasta or Split Pea Soup w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p>	<p>22</p> <p><u>AM Snack:</u> Yogurt, Fresh Fruit & Muffin</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Traditional Pizza Bagels or Sensational Stroganoff w/ fresh organic fruit & veggie</p>
<p>25</p> <p><u>AM Snack:</u> Cereal, Fresh Fruit & Hard Boiled Egg</p> <p><u>Lunch:</u> Messy Moes or Southwest Chili w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p>	<p>26</p> <p><u>AM Snack:</u> Granola, Fresh Fruit & Yogurt</p> <p><u>Lunch:</u> Homestyle Pot Pie or Tamale Pie w/ fresh organic fruit & veggie</p>	<p>27</p> <p><u>AM Snack:</u> Applesauce, Bagel & Cream Cheese</p> <p><u>Lunch:</u> Spaghetti w/ Lentil Tomato Sauce or Egg Fried Rice w/ fresh organic fruit & veggie</p>	<p>28</p> <p><u>PM Snack:</u> Fresh Fruit, Cottage Cheese & Muffin</p> <p><u>Lunch:</u> Vegetable Soup w/ Whole Wheat Roll or Bean & Rice Burritos w/ fresh organic fruit & veggie</p>	<p>29</p> <p><u>AM Snack:</u> Pancakes, Fresh Fruit Topping & Yogurt</p> <p><u>Lunch:</u> (CONTAINS DAIRY) White Sauce Pizza Bagel or Mac & Cheese w/ fresh organic fruit & veggie</p>

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