



Sample Childcare Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>CLOSED</p>	<p>5</p> <p><u>AM Snack:</u> Fresh Fruit & Yogurt</p> <p><u>Lunch:</u> Red Lentil Hash w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & String Cheese</p>	<p>6</p> <p><u>AM Snack:</u> French Toast Sticks & Fresh Fruit Topping</p> <p><u>Lunch:</u> Vegetable Soup w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Bagel & Cream Cheese</p>	<p>7</p> <p><u>AM Snack:</u> Cereal & Fresh Fruit</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Enchilada Bake w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & Bran Muffin</p>	<p>8</p> <p><u>AM Snack:</u> Hard Boiled Eggs & Applesauce</p> <p><u>Lunch:</u> (CONTAINS DAIRY) White Sauce Pizza Bagels w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Hummus & Whole Wheat Crackers</p>
<p>11</p> <p><u>AM Snack:</u> Fresh Fruit & Cottage Cheese</p> <p><u>Lunch:</u> Spaghetti w/ Lentil Tomato Sauce w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> String Cheese & Whole Wheat Crackers</p>	<p>12</p> <p><u>AM Snack:</u> Waffles & Fresh Fruit Topping</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Mac & Cheese w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Applesauce & Bran Muffin</p>	<p>13</p> <p><u>AM Snack:</u> Fresh Fruit & Yogurt</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Homestyle Pot Pie w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Bagel & Cream Cheese</p>	<p>14</p> <p><u>AM Snack:</u> Cereal & Fresh Fruit</p> <p><u>Lunch:</u> Bean & Rice Burritos w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Baby Carrots & Cheddar Cheese Stick</p>	<p>15</p> <p><u>AM Snack:</u> Oatmeal & Raisins</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Traditional Pizza Bagels w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & Graham Crackers</p>

JULY 2011



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

Salem, Oregon 97301

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<p>18 <u>AM Snack:</u> Pancakes & Fresh Fruit Topping</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Veggie Quiche w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Baby Carrots & Cheddar Cheese Stick</p>	<p>19 <u>AM Snack:</u> Fresh Fruit & Yogurt</p> <p><u>Lunch:</u> Messy Moes w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & Bran Muffin</p>	<p>20 <u>AM Snack:</u> Cereal & Fresh Fruit</p> <p><u>Lunch:</u> Chili Verde & Rice w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & String Cheese</p>	<p>21 <u>AM Snack:</u> Hard Boiled Eggs & Applesauce</p> <p><u>Lunch:</u> (CONTAINS DAIRY) White Sauce Pizza Bagels w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Hummus & Whole Wheat Crackers</p>	<p>22 <u>AM Snack:</u> Fresh Fruit & Cottage Cheese</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Mozzarella Pasta Bake w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Raisins & Graham Crackers</p>
<p>25 <u>AM Snack:</u> French Toast Sticks & Fresh Fruit Topping</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Enchilada Bake w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Bagel & Cream Cheese</p>	<p>26 <u>AM Snack:</u> Fresh Fruit & Cottage Cheese</p> <p><u>Lunch:</u> Red Lentil Hash w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Cheddar Cheese Stick & Whole Wheat Crackers</p>	<p>27 <u>AM Snack:</u> Cereal & Fresh Fruit</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Traditional Pizza Bagels w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Raisins & Graham Crackers</p>	<p>28 <u>AM Snack:</u> Fresh Fruit & Yogurt</p> <p><u>Lunch:</u> Split Pea Soup w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & String Cheese</p>	<p>29 <u>AM Snack:</u> Oatmeal & Raisins</p> <p><u>Lunch:</u> (CONTAINS DAIRY) Mac & Cheese w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Applesauce & Bran Muffin</p>

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