

Community Roots School Menu 90% organic

Week One water served with every meal

Monday

Morning Snack

1/3 cup oat cereal no added sugar
3/4 cup 1% milk
1/2 cup banana

Afternoon snack

2 tbsp plain hummus
1/4 cup red peppers
1/4 oz tortilla chips
1/2 cup sliced grapes

Lunch

3/4 cup 1% milk
Peanut butter and jam sandwich 1 slice whole grain bread, 1.5 tbsp peanut butter
1/4 oz pretzels
1/2 cup carrots
1/2 cup apple slices

Tuesday

Morning snack

1/4 cup vanilla yogurt
1/2 raspberries
1/4 oz wheat crackers

Afternoon snack

1 graham cracker
1/2 cup blueberries
1.5 tbsp peanut butter

Lunch

3/4 cup 1% milk
1/2 cup vegetable soup
1 slice whole wheat bread
1 clementine
1/2 oz cheddar cheese

Wednesday

Morning snack

1 corn muffin
1/8 cup raisins
3/4 cup 1% milk

Afternoon snack

1 cheese stick
3 carrot sticks
1/4 cup apples
1/4 oz wheat crackers

Lunch

3/4 cup 1% milk
Grilled Cheese Sandwich 1 slice whole wheat bread, 1 slice American cheese
1/4 oz veggie sticks
1/4 cup green peppers
1/4 cup strawberries

Week One Continued

Thursday

Morning snack

- 1 rice cake
- 1.5 tbsp nut butter
- 1/2 banana

Afternoon snack

- 1/4 oz pretzels
- 1/2 cup sugar snap peas
- 1/4 oz cheddar cheese

Lunch

- 3/4 cup 1% milk
- 1 scrambled egg burrito with veggies 1 whole wheat tortilla 1/2 cup mixed veggie
- 1/2 orange

Friday

Morning snack

- 1/4 cup granola
- 3/4 cup 1% milk
- 1/2 blackberries

Afternoon snack

- 1/4 cup popcorn
- 1/4 chickpeas
- 1/8 cup cranberries

Lunch

- 3/4 cup 1% milk
- 1 slice veggie pizza
- 1/2 cup mixed salad
- 1 small apple
- raspberry vinaigrette or low fat ranch dressing

Authorized Reviewer Signature

Authorized signature: Erika Whang MS RD CDW

Title: Registered Dietitian

Date: 10/26/16

Community Roots School Menu 90% Organic

Week Two water served with every meal

Monday

Morning snack

1/2 cup oatmeal
3/4 cup 1% milk
1/4 cup blueberries

Afternoon snack

2 tbsp red pepper hummus
1/2 pita
3 carrot sticks
1/8 cup raisins

Lunch

3/4 cup 1% milk
Almond butter sandwich with strawberries 1.5 tbsp almond butter 3 strawberries
4 celery sticks
1/4 oz veggie puffs

Tuesday

Morning snack

1/2 cup plain yogurt
1 tsp organic honey
1/4 cup blackberries

Afternoon snack

1 string cheese
1/4 oz wheat crackers
1/2 cup pear

Lunch

3/4 cup 1% milk
1/2 chicken soup
1 slice whole grain bread
1 small apple

Wednesday

Morning snack

1 apple muffin
3/4 cup 1% milk

Afternoon snack

1/4 oz pirates cheese booty
3 carrot sticks
1/2 banana

Lunch

3/4 cup 1% milk
1/2 quesadilla on whole wheat wrap
1/4 black beans
1 tbsp avocado
1/2 cup mixed fruit
salsa

Week Two Continued

Thursday

Morning snack
1 string cheese
1 small apple
1 oz raisins
1 oz peanuts

Afternoon snack
1/2 oz tortilla chips
2 tbsp salsa
1/2 cups raspberries

Lunch
3/4 cup
Egg sandwich on wheat 1 egg 1 slice whole wheat bread
1/2 banana
1/2 cup orange peppers

Friday

Morning snack
1/2 whole grain bagel
1/2 tbsp low fat cream cheese
3/4 cup 1% milk
1/2 cup cantaloupe

Afternoon snack
3/4 cup 1% milk
1/4 oz pretzel sticks
1/2 cup apple slices

Lunch
3/4 cup 1% milk
1 slice cheese pizza
1/2 cup spinach salad
1/4 raspberries

Authorized Reviewer Signature

Authorized Signature *Erin Wining MS RD CDW*
Title: *Registered Dietitian* Date: *10/26/16*

Community Roots School Menu 90% Organic

Week Three water served with every meal

Monday

Morning Snack

1/2 cup wheat cereal
2 tbsp peanut butter
1/2 cup apple

Afternoon snack

2 tbsp white bean hummus
1/2 oz pretzel crisps
1/8 cup dried cranberries

Lunch

3/4 cup 1% milk
Wheat bread with cream cheese and jam 1 slice whole wheat bread 1 tbsp cream cheese 1 tsp jam
1/2 carrots
1/2 pears

Tuesday

Morning snack

1/2 cup low fat strawberry yogurt
1/2 oz wheat crackers
1/4 banana

Afternoon snack

1.5 tbsp almond butter
5 celery sticks
1/4 oz pita chips
1/4 cup blueberries

Lunch

3/4 cup 1% milk
1/2 cup bean soup
1 slice corn bread
4 carrot sticks
1 small apple

Wednesday

Morning snack

Toast with peanut butter 1 slice multi-grain bread 1.5 tbsp peanut butter
1/4 cup strawberries

Afternoon snack

4 Saltine crackers
3/4 cup 1% milk
1/2 cup apples

Lunch

3/4 cup 1% milk
1/2 cup whole grain pasta with cheese
1/2 broccoli
1 small orange

Week Three Continued

Thursday

Morning Snack

1/2 cup cottage cheese

1/2 mixed berries

Afternoon snack

1/2 rice cake

1 tbsp sun butter

1/8 cup raisins

Lunch

3/4 cup 1% milk

Cheese and Veggie omelette 1 egg 1 oz cheddar cheese 1/4 cup mixed vegetables

1/2 cup banana

1/2 oz multi-grain crackers

Friday

Morning snack

1 graham cracker

1 tbsp cashew butter

1 small apple

Afternoon snack

20 cheddar crackers

1/2 cup pineapple slices

Lunch

3/4 cup 1% milk

Roasted turkey sandwich 1 slice whole grain bread 1.5 oz meat

1/4 oz veggie chips

1/2 cup sugar snap peas

1/4 cup orange slices

Authorized Reviewer Signature

Authorized signature: Erika Wining MS RD CDW

Title: Registered Dietitian Date: 10/20/16

Community Roots School 90% Organic

Week Four water served with every meal

Monday

Morning snack

1/4 cup honey nut cereal
3/4 1% milk
1/4 banana

Afternoon snack

2 tbsp black bean hummus
1/4 oz wheat crackers
1 small apple

Lunch

3/4 cup 1% milk
Sun butter and pita 1/2 round whole wheat pita 1.5 tbsp sun butter
1/2 cup orange peppers
1/2 cup sliced grapes

Tuesday

Morning snack

1/2 cup plain Greek yogurt
1/8 cup granola
1/4 cup mixed berries

Afternoon snack

10 cashews
1/4 cup dried cranberries and dried apricots
1/4 oz veggie puffs

Lunch

3/4 cup 1% milk
1/2 cup lentil soup
1 oz cheddar cheese
1/4 oz wheat crackers
1 small orange

Wednesday

Morning snack

1 slice whole wheat farm bread
1 tsp honey
3/4 cup 1% milk
1/4 apple slices

Afternoon snack

1 oz cheddar cheese
1/2 oz wheat crackers
1/4 cup sliced strawberries

Lunch

3/4 1% milk
1/4 cup steamed brown rice
1/2 cup mixed vegetables
1/2 cup sliced pears

Week Four Continued

Thursday

Morning snack

1/2 cup cinnamon oatmeal

3/4 cup 1% milk

1/2 oz raisins

Afternoon snack

1/4 oz Pirates cheese booty

1/2 cup raw carrots

1/4 cup blueberries

Lunch

3/4 cup 1% milk

1 scrambled egg

1/2 cup roasted potatoes

1 slice wheat toast

1/2 cup melon

Friday

Morning snack

1 rice cake

1 tbsp peanut butter

1 tsp whole fruit jam

Afternoon snack

1/4 cup popcorn

1/2 cup carrot and celery sticks

1 tbsp organic ranch dressing

3 slices of kiwi

Lunch

3/4 cup 1% milk

Grilled cheese and tomato sandwich 1 slice wheat bread 1 slice America cheese 1 oz tomato

1/2 cup cucumber

1/8 cup cranberries

Authorized Reviewer Signature

Authorized Signature: Enke Whang MS RD CDW

Title: Registered Dietitian Date: 10/26/16