



Weekly Menu

Bothell

Week of 12/6/2021

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|---|--|--|---|---|
| Breakfast 10.00 am | Whole grain cereal, milk, blueberries | Multigrain kasha, Grapes | Rice pudding and bananas | Turkey sandwiches (Whole grain bread, cucumbers, cube cheese, roast turkey) | Oatmeal, apples |
| Lunch 12.00 pm | Rice soup (chicken, potatoes, onion, carrots, rice, bell pepper), whole grain bread | Chicken stroganoff, green salad mix | Green borscht (Cabbage, chicken, spinach, onion, carrots, potatoes, brown rice) with croutons and sour cream | Beef lazy rolls* (Ground beef, eggs, cabbage, onion, carrots) with cous-cous and kale salad mix | Bean soup (chicken, potatoes, onion, carrots, beans, bell pepper) & whole grain bread |
| PM Snack 3.00 pm | Fruit salad mix with yogurt dip | Mini bagels and apples | Cream cheese and croissants | Celery, carrots, bell pepper, cucumbers and ranch dip | Sun butter and pita bread with banana |
| Late Snack 5:00 pm | Cheese quesadilla with turkey | Roast turkey with kale salad mix and whole grain bread | Lazy Piroshki* (Kefir, eggs, green onion, sour cream) | Tortellini* with sour cream | Organic spud puppies with ranch |

Menu is followed as closely as possible. Occasionally deliveries are incomplete or food is spoiled and changes are required. All dairy products, beef, chicken, eggs and bread are organic. Whole milk (toddlers only) and 1% milk is provided daily with breakfast and lunch.

*Contains eggs