

FLIS SUMMER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Mini Wheat Squares Cereal served with Fresh Strawberries	Mini Blueberry Muffins served with Fresh Bananas	Cinnamon Oatmeal enhanced with Organic Flax/Chia/Coconut Blend	Pancakes served with a Warm Organic Blueberry Compote	Scrambled Eggs mixed with Cheese served with a Quesadilla and Orange Juice
Morning Snack	Ritz Cracker Rounds served with Fresh Organic Cucumber Slices Toddler Substitute: (Peaches/Cucumbers)	Organic Celery Slices served with Sunflower Butter and Raisins Toddler Substitute: (NutriGrain Bar/Celery)	Graham Crackers served with Apple Slices	Cheez-Its Crackers served with a Medley of Sweet Red, Yellow, Green, and Orange Bell Pepper Slices (mixed Fruit/peppers)	Veggie Straws served with Fresh Orange Wedges
Lunch	Turkey and Cheese Sandwich served on Multigrain Bread with a side of Green Beans and Applesauce	Homemade Caribbean Black Beans served with Rice, Corn and Pineapple	Spaghetti and Meatballs served with Homemade Marinara and side of Pears	Arroz con Pollo made with Garlic, Onions, Sweat Peppers and Cilantro, served with Green Peas and side of Mandarin Oranges	Bowtie Pasta served in a Light Butter Sauce, topped with Parmesan Cheese, served side of Broccoli and Watermelon
Afternoon Snack	Graham Crackers served with Apple Slices	Cheez-Its Crackers served with a Medley of Sweet Red, Yellow, Green, and Orange Bell Pepper Slices (mixed Fruit/peppers)	Veggie Straws served with Fresh Orange Wedges	Ritz Cracker Rounds served with Fresh Organic Cucumber Slices Toddler Substitute: (Peaches/cucumbers)	Organic Celery Slices served with Sunflower Butter and Raisins Toddler Substitute: (NutriGrain Bar/Celery)

- Whole Milk (under 2 years of age) and 2% milk (2 years of age and older) is served with Breakfast and Lunch meals
- Water is served with Morning and Afternoon Snacks
- Menu items are subject to change depending upon availability