

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast: Scrambled Egg Lunch: Rice + Chicken + Mixed Vegetables <i>Soup:</i> Minestrone Soup <i>Petite Dessert:</i> Mandarin Healthy Snack: <i>Very Berry:</i> Blueberry + Strawberry	2 Breakfast: Yogurt with seasonal fruit Lunch: Oven Baked Fries + Lean Skirt Steak + Broccoli <i>Soup:</i> Carrot & Butternut Squash <i>Petite Dessert:</i> Bananas Healthy Snack: <i>Hydration Boost:</i> Cantaloupe + Honeydew
5 Teacher Planning Day	6 Teacher Planning Day	7 Teacher Planning Day	8 Teacher Planning Day	9 Teacher Planning Day
12 Teacher Planning Day	13 Teacher Planning Day	14 Teacher Planning Day	15 Teacher Planning Day	16 Teacher Planning Day
19 Teacher Planning Day	20 Breakfast: Cheese Strings with Crackers Lunch: Rice with Quinoa + Chicken Nuggets + Mixed Vegetables <i>Soup:</i> Chicken noodle <i>Petite Dessert:</i> Orange Healthy Snack: <i>Antioxidant Power:</i> Cantaloupe + Strawberries	21 Breakfast: Scrambled Egg Lunch: Mashed Potato + Turkey Ground Meat + Sweet Plantain <i>Soup:</i> Mixed vegetables cream <i>Petite Dessert:</i> Apples Healthy Snack: Watermelon + Crackers	22 Breakfast: Grilled Cheese Sandwich Lunch: Pasta Primavera (Alfredo sauce + vegetables) + Chicken <i>Soup:</i> Carrot Cream <i>Petite Dessert:</i> Banana Healthy Snack: Grape + Blueberries	23 Breakfast: Yogurt with seasonal fruit Lunch: Rice + Beef stew with carrot and potato + Broccoli <i>Soup:</i> Spinach Cream <i>Petite Dessert:</i> Honeydew Healthy Snack: Applesauce
26 Breakfast: Waffles Lunch: Rice with Sweetcorn + Chicken + Cauliflower <i>Soup:</i> Minestrone <i>Petite Dessert:</i> Banana Healthy Snack: <i>Hydration Boost:</i> Cantaloupe + Honeydew	27 Breakfast: Pancakes Lunch: Rice with Beans + Lean Skirt Steak + Broccoli <i>Soup:</i> Butternut Squash Cream <i>Petite Dessert:</i> Apple Healthy Snack: <i>Vitamin C Boost:</i> Orange + Mandarin	28 Breakfast: French Toast Lunch: Pasta Bolognese: Lean ground meat + Pasta + Steamed Carrots <i>Soup:</i> Black Bean Soup <i>Petite Dessert:</i> Watermelon Healthy Snack: Grapes + Blueberries	29 Breakfast: Scrambled Egg with Cheese Lunch: Rice + Chicken Teriyaki + Green Beans <i>Soup:</i> Lentils <i>Petite Dessert:</i> Mandarin Healthy Snack: Applesauce	30 Breakfast: Cereal with Milk Lunch: Rice + Lamb + Zucchini <i>Soup:</i> Potato Cream <i>Petite Dessert:</i> Orange Healthy Snack: <i>Potassium Boost:</i> Banana with Cereal

All our ingredients are hand-picked, fresh and Organic. Variations may occur due to seasonal availability, in this case, the school will be notified.

For details on the ingredients used in each meal, please send an email to customerservice@coshi.com and we will respond in 24 hours. www.coshibaby.com