

Persimmon Early Learning - Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Waffles w/ syrup Strawberries	Rice cakes with sun butter Yogurt	Bananas bites Cantaloupe Smoothies	Applesauce w/cinnamon Pretzel sticks	Scrambled Eggs and WW toast
Lunch	WW Turkey roll ups Cucumber and carrot slices Pineapple Org 1 % milk	Cous-cous Baked chicken Roasted asparagus Apple slices Org 1% milk	Salsa Guacamole Black bean and corn quesadillas Orange slices Org 1 % milk	Chicken tortilla soup Tortilla chips Roasted cauliflower and broccoli Cantaloupe Org 1% milk	Veggie pizza Honeydew Bell peppers Org 1% milk
PM Snack	Applesauce String cheese and crackers	Pumpkin chocolate chip muffins Mixed fruit	Pita slices w/ white bean dip kale chips	Spring greens pesto On slices of toasted bread (Sprinkled with cheese and broiled) Fresh veggies and hummus	WW Beet and blueberry muffins Yogurt

Nutrition Lesson	Garden talk	Asparagus lesson	Bean lesson	Spring greens pesto	Making beet muffins!
-------------------------	-------------	------------------	-------------	---------------------	----------------------