



Heart Centered Montessori

503-371-1108 * www.organicfreshfingers.com * alexis@organicfreshfingers.com

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>4 <u>Lunch:</u> Spaghetti with Lentil Tomato Sauce w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & String Cheese</p>	<p>5 <u>Lunch:</u> (CONTAINS DAIRY) Quiche w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Hummus & Whole Wheat Crackers</p>	<p>6 <u>Lunch:</u> Split Pea Soup w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & Yogurt</p>	<p>7 <u>Lunch:</u> (CONTAINS DAIRY) Mac & Cheese w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Hard Cooked Egg & Fresh Fruit</p>	<p>8 <u>Lunch:</u> (CONTAINS DAIRY) Traditional Pizza Bagels w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Apples & Cheddar Cheese Stick</p>
<p>11 <u>Lunch:</u> Egg Fried Rice w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & Cottage Cheese</p>	<p>12 <u>Lunch:</u> Bean & Rice Burritos w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit, Sunflower Seeds & Graham Crackers</p>	<p>13 <u>Lunch:</u> (CONTAINS DAIRY) Mozzarella Pasta Bake w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Fresh Fruit & String Cheese</p>	<p>14 <u>Lunch:</u> Vegetable Soup w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Bagel w/ Cream Cheese</p>	<p>15 <u>Lunch:</u> (CONTAINS DAIRY) Southwest Chili w/ Whole Wheat Roll w/ fresh organic fruit & veggie</p> <p><u>PM Snack:</u> Hard Cooked Egg & Fresh Fruit</p>

October 2010



*All lunches include Fruits and Vegetables * All lunches served with a variety of Milk

Salem, Oregon 97301

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<p>18 <i>Lunch:</i> (CONTAINS DAIRY) White Sauce Pizza Bagel w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Fresh Fruit & Whole Wheat Crackers</p>	<p>19 <i>Lunch:</i> Fiesta Bowtie Pasta w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Hummus & Whole Wheat Crackers</p>	<p>20 <i>Lunch:</i> Homestyle Pot Pie w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Fresh Fruit & Yogurt</p>	<p>21 <i>Lunch:</i> (CONTAINS DAIRY) Enchilada Bake w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Apples & Cheddar Cheese Stick</p>	<p>22 <i>Lunch:</i> (CONTAINS DAIRY) Mac & Cheese w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Bagel & Cream Cheese</p>
<p>25 <i>Lunch:</i> Pasta e Fagioli w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Fresh Fruit, Sunflower Seeds & Graham Crackers</p>	<p>26 <i>Lunch:</i> Bean & Rice Burritos w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Fresh Fruit & Cottage Cheese</p>	<p>27 <i>Lunch:</i> (CONTAINS DAIRY) Traditional Pizza Bagels w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Fresh Fruit & Whole Wheat Crackers</p>	<p>28 <i>Lunch:</i> (CONTAINS DAIRY) Quiche w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Hard Cooked Egg & Fresh Fruit</p>	<p>29 <i>Lunch:</i> Spaghetti w/ Lentil Tomato Sauce w/ fresh organic fruit & veggie</p> <p><i>PM Snack:</i> Hummus & Whole Wheat Crackers</p>

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