

GOOD EATS

MUNCHKIN
MENU

SUMMER A



MONDAY

AM Snack

O-Yogurt Parfait
O-Fruit, O-Honey
O- Housemade
Granola

Lunch

Albacore Tuna Salad
& O-Pretzels. O-
Celery, O-Apples

TUESDAY

AM Snack

O-Power green
smoothies w/O-
Fruits, O-Coconut
milk, O-Spinach

Lunch

FR-Turkey roll ups,
w/O-Wrap (GF
available), O-
Cucumbers & O-
Fruit

WEDNESDAY

AM Snack

O-Housemade Fruit
Muffins
O-Veggie

Lunch

O-Cheese Pizza, O-
Veggie & O-Fruit

THURSDAY

AM Snack

O-Powerballs & O-
Veggie

Lunch

O-Summer Quinoa
Salad with L-Goat
Cheese, O-Cucumbers,
O-Tomatoes, O-Corn &
O-Fruit

FRIDAY

AM Snack

O-Apples or Celery &
O-Peanut or Almond
Butter

Lunch

Nacho Bar
O-Chia Multigrain
Chips, O-Black Beans,
L-Cheese
O-Pineapple Salsa

We strive to provide local (L) or organic (O) food and Free Range Meat/Eggs.
Organic 1% milk or Organic alternative served with Breakfast, Lunch & Late Snack/Light Dinner.
Oregon Spring water provided with all snacks and throughout the day.