

GOOD EATS

MUNCHKIN
MENU

SUMMER B



MONDAY

AM Snack

O-Housemade Banana
Blueberry Muffins
O-Veggie

Lunch

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

TUESDAY

AM Snack

O-Powerballs & O-
Veggie

Lunch

Albacore Tuna Salad &
O-Multigrain Chips.
O-Celery or
Cucumbers, O-Apples

WEDNESDAY

AM Snack

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

Lunch

Summer Salad (O-
Quinoa or Pasta, L-
Cheese, O-Veggies)
O-Fruit on the Side

THURSDAY

AM Snack

O-Power Green
Smoothies (O-Fruits,
O-Coconut milk, O-
Spinach)

Lunch

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

FRIDAY

AM Snack

O-Fruity Fun Wraps
with O-Banana, O-
Peanut Butter & O-
Whole wheat tortilla

Lunch

O-Quiche or Scramble
with OFR Eggs,
Coconut Milk, O-
Veggie & O-Fruit

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.