

## The Ecology School: School Program Sample Menu

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>		Choice of cereal Scrambled eggs Home fries* Fruit	Choice of cereal Sausage links Pancakes Syrup Fruit	Choice of cereal Scrambled eggs Home fries* Blueberry crumb cake Fruit	Choice of cereal Sausage links French toast Syrup Fruit
<b>LUNCH</b>	Salad* Beef tacos Cheese Sour Cream Salsa* Rice Fruit	Salad* Beef chili Chicken and vegetable rice bowls* Fruit	Salad* Chicken fajitas Cheese Sour Cream Salsa* Rice Fruit	Salad* Chicken and vegetable soup* Cheese pizza Chips Fruit	Lunch to go Turkey and cheese sandwich Chips Cookie Fruit
<b>DINNER</b>	Salad* Ziti Marinara sauce* Fresh baked bread Veggie medley* Fruit Brownie	Salad* Pulled pork Baked potato Fresh baked bread Veggie medley* Fruit Chocolate chip cookie	Salad* Teriyaki chicken Rice Veggie medley* Fruit Meringue cookie	Salad* BBQ chicken Mashed potato Fresh baked bread Veggie medley* Fruit Blondie bar	

\*this item may feature produce grown at our onsite farm

*Menu is subject to change based on availability and seasonality.*