

# Fresh n' Local SOAR Academy Menu



## August 2015

**Feature of the Month:**  
Blueberries from Mohawk River

The Silva family established their blueberry farm 15 years ago on a 14 acre property located on the Mohawk River. They love to garden and run their farm as a hobby! You can find their certified organic blueberries locally in many small markets and large grocery stores alike. The Silva's are committed to sustainable living and growing various organic foods for their own family and want to educate kids in farming and maintaining a healthy diet.

CD = Contains Dairy      GF = Gluten Free      NV = Non Vegetarian

**All meals are served with fresh fruits and vegetables.**

**All meals are served with a variety of milk.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
<p>17 <b>Breakfast:</b> Energy Cookie, Banana, String Cheese &amp; Milk</p> <p><b>Lunch (NV):</b> Spaghetti &amp; Turkey Sausage with green beans, oranges, whole wheat breadstick &amp; milk</p>	<p>18 <b>Breakfast:</b> Banana Muffin, Applesauce &amp; Hard Boiled Egg, Milk</p> <p><b>Lunch (GF):</b> Hearty Chili with cornbread muffin, fresh broccoli, peaches &amp; milk</p>	<p>19 <b>Breakfast:</b> Yogurt, Maple Granola, Grapes &amp; Milk</p> <p><b>Lunch:</b> French Toast, hard boiled egg, fruit spread, roasted potatoes, apples &amp; milk</p>	<p>20 <b>Breakfast:</b> Whole Grain Cereal, Apricots &amp; Milk</p> <p><b>Lunch (NV):</b> Asian Chicken Soba Bowl, whole wheat roll, edamame, cucumbers &amp; milk</p>	<p>21 <b>Breakfast:</b> Whole Wheat Bagel, Cream Cheese, Oranges &amp; Milk</p> <p><b>Lunch (CD):</b> Roasted Garlic Pizza Bagel, whole wheat breadstick, baby carrots, cantaloupe &amp; milk</p>
<p>24 <b>Breakfast:</b> Pumpkin Bread Muffin, Hard Boiled Egg, Applesauce &amp; Milk</p> <p><b>Lunch (CD):</b> Mac &amp; Cheese, whole wheat roll, fresh broccoli, peaches &amp; milk</p>	<p>25 <b>Breakfast:</b> Berry Breakfast Bar, Banana &amp; Milk</p> <p><b>Lunch (CD,GF):</b> Enchiladas Verde, tortilla chips, green beans, watermelon &amp; milk</p>	<p>26 <b>Breakfast:</b> Yogurt, Maple Granola, Grapes &amp; Milk</p> <p><b>Lunch:</b> Pancakes, hard boiled egg, fruit spread, roasted potatoes, apples &amp; milk</p>	<p>27 <b>Breakfast:</b> Whole Grain Cereal, Nectarines &amp; Milk</p> <p><b>Lunch (CD,GF,NV):</b> Cheesy Chicken &amp; Rice, whole wheat roll, red bell peppers, celery, oranges &amp; milk</p>	<p>28 <b>Breakfast:</b> Cinnamon Raisins Bagels, Cream Cheese Apples &amp; Milk</p> <p><b>Lunch (CD):</b> Traditional Pizza Bagel, hummus, baby carrots, bananas &amp; milk</p>
<p>31 <b>Breakfast:</b> Apple Breakfast Bar, String Cheese, Banana &amp; Milk</p> <p><b>Lunch (CD):</b> Mozzarella Pasta Bake, whole wheat breadstick, fresh spinach &amp; cherry tomato salad, peaches &amp; milk</p>				

*This institution is an equal opportunity provider and employer.*