



HUNGRY LITTLE FARMERS

--PLEASE REMEMBER TO BRING A SACK LUNCH FROM HOME DAILY--

Monday

Breakfast: organic oatmeal & homegrown blueberries from the farm

Afternoon Snack: organic apple slices, organic crackers, & handmade goat cheese

****KIDS pick and rinse blueberries for breakfast AND eat the goat cheese we handmade last Friday!**

Tuesday

Breakfast: organic puffed brown rice cereal, and organic strawberries

Afternoon Snack: organic multi grain tortilla with sunflower spread, & cucumbers

****KIDS pick and slice cucumbers from the garden.**

Wednesday

Breakfast: organic english muffins (with butter), & organic bananas

Afternoon Snack: organic carrot sticks, and organic ancient grain pretzels

****KIDS churn, & spread organic butter, they get to take some home too!**



Thursday

Breakfast: homemade toasted sourdough bread, organic apple sauce

Afternoon Snack: organic brown rice cake, organic hummus, & organic spinach

****KIDS make individual organic sourdough loaves.**

Friday

Breakfast: organic raspberry, coconut water, kale, banana smoothies, & organic cerebelly smart bar (carrot raisin)

Afternoon Snack: hard boiled eggs, organic smashed avocado, & organic crackers

****KIDS collect fresh eggs from the farm for today's snack.**

--All breakfasts are served with organic milk, all snacks are served with water and organic, kid-friendly herbal tea—

--We serve as much organic food as possible—

--We do not believe in added sugar--

--Please bring a water bottle, and lunch each day--