



Weekly Menu-Vegan

	BREAKFAST	LUNCH	PM SNACK
MONDAY	Plain Bagel w/Vegan Strawberry Cream Cheese Honeydew, Soy/Rice Milk	Red Beans and Rice, Zucchini, Plums, Soy/Rice Milk	Sunflower Seed Bites, Juice/Fruit Water
TUESDAY	Oatmeal, Raisins, Soy/Rice Milk	Tofu Fried Rice, Mixed Vegetables, Oranges, Soy/Rice Milk	Red Quinoa Chips, Juice/Fruit Infused Water
WEDNESDAY	Whole Grain English Muffin, Raspberries, Milk	Garden Pasta with Jackfruit and Quinoa, Kiwi, Soy/Rice Milk	Fresh Veggies, Juice/Fruit Water
THURSDAY	Cheerios, Bananas, Soy/Rice Milk	Penne Pasta with Meatless Meatballs in Tomato Sauce, Green Beans, Plums, Soy/Rice Milk	Blue Corn Tortilla Chips, Juice/Fruit Infused Water
FRIDAY	Fresh Mango Smoothie (non Dairy) Whole Grain Toast, Soy/Rice Milk	Vegan Nuggets, Corn, Nectarines, Soy/Rice Milk	Chickpea Chips, Juice/Fruit Water.

Infant meals are served in the appropriate sized portions.

Eco-Tots Early Learning Center serves a variety of all natural and organic proteins, grains, fruit, vegetables, juices, and milk.

Eco-Tots reserves the right to modify the menu based on availability of food items.

Eco-Tots serves water with every meal.

Eco-Tots provides meal options for vegan and vegetarian diets.

Eco-Tots is an equal opportunity provider