

THIS WEEK'S MENU

sample menu (summer)

mon

breakfast: banana & oat breakfast cake
lunch: baked tofu with cucumber & watermelon salad

tue

breakfast: avocado toast on ezeikial sprouted grain bread
lunch: chicken breast with sautéed mushrooms

wed

breakfast: seasonal fruit medley from local farms
lunch: salmon and broiled zucchini

thu

breakfast: steel cut oats with almond butter and maple
lunch: pork chops and blueberries

fri

breakfast: banana pancakes (banana + egg + a pinch of flour)
lunch: spaghetti and meatballs

OUR FOOD PHILOSOPHY



Meals should be nourishing for both the body and soul.

Good food is inspiring; an opportunity to turn the everyday need for sustenance into a joyful ritual.

Sharing meals creates a bond between people, no matter their age.

Consistent exposure to a variety of foods and flavors will produce a happy and adventurous eater... and a happy and adventurous eater will create a more harmonious mealtime both at school and away.

Early and often exposure to common allergens will help develop a microbiome that can process these foods and reduce the likelihood of food allergies.*

Foods should be local where possible and minimally processed.

Children should witness meal prep and be allowed to take part in the process... even if their “help” is detrimental to efficiency!

For toddlers, eating is a full contact sport and messes are inevitable. That’s ok; we have running water and plenty of towels.



*Not all food allergies can be avoided. Present allergies will be accounted for so that the entire meal can still be shared and no one feels singled out.