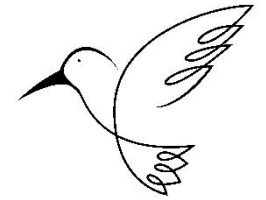


THE BARRINGTON SCHOOL

WHERE LEARNING BEGINS

Sample Organic Menu



Monday

Breakfast

Mixed Berries
Vegan Oatmeal
Milk

Lunch

Southwest Black Bean &
Corn Salad with
Tomatoes, Bell Peppers,
and Onions
Cheesy Corn Bread Muffin
Applesauce
Milk

Snack

Cheese
Crackers
Water

Tuesday

Breakfast

Bananas
White Bean Muffins
Milk

Lunch

Orange Chicken with
Brown Rice
Broccoli, Cauliflower, and
Carrots
Tropical Fruit Blend
Milk

Snack

Apple Slices
Turkey
Water

Wednesday

Breakfast

Toast with Jam
Broccoli Egg Muffins
Milk

Lunch

Beef Tacos on Whole
Wheat Tortillas
Peas
Seasonal Melons
Milk

Snack

Black Bean Guacamole
Tortilla Chips/Crackers
Water

Thursday

Breakfast

Green Tofu Smoothie
Cereal
Milk

Lunch

Basil Chicken with
Tomatoes served over
Quinoa
Green Beans
Strawberries
Milk

Snack

Cheese Quesadilla
made with Whole
Wheat Tortilla
Water

Friday

Breakfast

English Muffin
Breakfast Sandwich
with Ham & Cheese
Milk

Lunch

Lentil Sloppy Joes served
on Whole Wheat Buns
Mixed Vegetables
Mangos
Milk

Snack

Animal Crackers
Vanilla Yogurt
Water