

Fairville Friends School - Lunch Menu – October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHEESE PITA PIZZA VEGGIES DIP
4 MUFFIN MONDAY!!! APPLE MUFFINS CHEESE CUBES VEGGIES	5 WHOLE WHEAT BAGELS CREAM CHEESE FRUIT	6 CHEESE QUESADILLAS FRUIT	7 PUMPKIN PANCAKES WITH MAPLE SYRUP FRUIT	8 MAC 'N CHEESE VEGGIES
11 NO SCHOOL	12 MUFFIN TUESDAY!!! PUMPKIN MUFFINS CHEESE CUBES VEGGIE	13 BAKED FRENCH FRIES HUMMUS FRUIT	14 YOGURT GRANOLA FRUIT	15 CHEESE PITA PIZZA KALE CHIPS FRUIT
18 MUFFIN MONDAY!!! BLUEBERRY MUFFINS CHEESE CUBES VEGGIES	19 WHOLE WHEAT PASTA WITH OPTIONAL SAUCE & PARMESAN VEGGIES	20 CREAM CHEESE PINWHEELS VEGGIES	21 PUMPKIN PANCAKES WITH MAPLE SYRUP FRUIT	22 FAIRVILLE SALSA WHOLE GRAIN CHIPS CHEESE CUBES FRUIT
25 MUFFIN MONDAY!!! BANANA MUFFINS CHEESE CUBES VEGGIE	26 SUNBUTTER SANDWICHES VEGGIES	27 ABC SOUP CRACKERS FRUIT	28 GRILLED CHEESE PICKLES FRUIT	29 CHEESE PITA PIZZA VEGGIES

Menus at Fairville follow a vegetarian diet and include dairy products. For many young children, some of the foods will be new. Our policy is to encourage children to try unfamiliar food. Please inform us if your child has food allergies. All lunches are served with organic milk or water. Snacks are served with water. Please consider the menu a "draft" as changes may be made based on availability of organic, locally grown or seasonal items.