



Fairville Friends School ~ December 2011 ~ Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 whole wheat quesadillas & fruit	2 applesauce, cheese & bread
5 salsa, whole grain chips & cheese	6 grilled cheese on whole wheat bread with pickles & fruit	7 whole wheat bagels, sunflower butter & fruit	8 yogurt, graham crackers & fruit	9 whole wheat pita pizzas & fruit
12 whole wheat couscous with veggies & cheese	13 whole wheat pita pizzas & fruit	14 yogurt, graham crackers & fruit	15 mac 'n cheese & fruit	16 apple pancakes, maple syrup & veggies
19 <hr/> <i>School Closed</i>	20 <hr/> <i>For Holiday Break</i>	21 <hr/>	22 <hr/>	23 <hr/>
26 <hr/>	27 <hr/>	28 <hr/>	29 <hr/>	30 <hr/>

Menus at Fairville follow a vegetarian diet and include dairy products. In an effort to offer more organic products, some menu adjustments will be made depending on the availability of organic items. Please inform us if your child has food allergies. All lunches are served with organic milk (soy milk is available, as is soy yogurt when yogurt is served); snacks are served with juice or water. For many young children, some of the foods will be new. Our policy is to encourage children to try unfamiliar food.