



Fairville Friends School ~ November 2011 ~ Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cheese sandwiches on whole wheat & fruit	Soup, crackers & fruit	Mac 'n cheese & fruit	Yogurt, graham crackers & fruit
7	8	9	10	11
Applesauce, cheese & bread	Hay & straw pasta, beans & corn	Oatmeal pancakes, maple syrup & fruit	Pumpkin muffins, veggies & cheese	Couscous, cheese & peas
14	15	16	17	18
Quesadillas	Yogurt, graham crackers & fruit	Hay & straw pasta, beans & corn	Soup, crackers & fruit	Cornbread, cheese & fruit
21	22	23	24	25
No School Conferences	No School Conferences	No School	No School Happy Thanksgiving	No School
28	29	30		
Pasta w/ basil cheese & fruit	Oatmeal pancakes, maple syrup & fruit	Grilled cheese sandwiches, pickles & fruit		

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.