



playa vista

### Weekly Organic Menu

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Whole wheat pasta with steamed broccoli	Lentil soup with ground chicken and vegetables	Quinoa with ground beef & green beans	Risotto with ground turkey & vegetables	Brown rice & black beans with ground beef & steamed carrots

- Footsteps provides a hot organic lunch daily and organic whole milk (for children 12 months and older, or as recommended by your pediatrician)
- Parents provide healthy snacks that will be consumed throughout the day (six to eight snacks are sufficient) in a lunchbox with a cloth napkin and an ice pack
- Please let Footsteps know of any dietary restrictions or allergies your child may have
- We are a nut-free school! (Sunflower seed butter is permitted)
- Please ensure that all snacks provided are healthy, age appropriate, and cut into bite-sized pieces
- Please bring a water bottle daily for your child along with their lunchbox