






Sample menu 2024

Fox & Bear Child Care and Preschool Berkeley

Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
<p><u>Breakfast:</u> Cereals Milk</p> <p><u>Lunch:</u> Fusilli with tomatoes, onions, carrots, peppers and ricotta cheese. Salmon Fresh veggies</p> <p><u>Afternoon Snack:</u> Fresh fruit Oatmeal bar / Graham crackers</p>	<p><u>Breakfast:</u> Waffles with Jam/Honey Milk</p> <p><u>Lunch:</u> Fresh salad/veggies Italian style veggies and cheese pizza / Focaccia</p> <p><u>Afternoon Snack:</u> Yoghurt Seeds & Nuts bar / Graham crackers</p>	<p><u>Breakfast:</u> Assorted bread & Butter Marmalade Milk</p> <p><u>Lunch:</u> Organic Soup with Lentils Quesadilla Saffron/White Rice Oven baked veggies</p> <p><u>Afternoon Snack:</u> Fresh fruit Pop-corn / Graham crackers</p>	<p><u>Breakfast:</u> Assorted Bagels with Cream Cheese Milk</p> <p><u>Lunch:</u> Pennette with oven baked eggplant or with zucchini/green beans and pesto.</p> <p><u>Afternoon Snack:</u> Yoghurt Whole wheat crunchy bar / Graham crackers</p>	<p><u>Breakfast:</u> Cereals Milk</p> <p><u>Lunch:</u> Rice with fresh veggies Eggs and cheese/ham Mozzarella</p> <p><u>Afternoon Snack:</u> Fresh fruit Fig bar / Graham crackers</p>

NOTA: Menu subject to change daily; we cook seasonally and when possible with produce from local, organic farms.