

# Sequoia's Treehouse Menu A

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>
Bagels w/ sunbutter & jam  Pear slices	Oatmeal w/ raisins  Cinnamon apples	Granola w/ yogurt  Orange wedges	Scrambled eggs w/ cheese  Fruit salad	Pancakes (contains gluten, dairy, and eggs)  Berries
<b>Snack:</b>	<b>Snack:</b>	<b>Snack:</b>	<b>Snack:</b>	<b>Snack:</b>
Wrap (tortillas, cream cheese & turkey)  Carrots	Quesadillas (whole wheat tortillas, beans & cheese)  Fresh veggies	Mac & cheese  Peas	Rice crackers /w sunbutter & jam  Apple slices	Hard boiled eggs  Snap peas

- All meals subject to vary.
- Whole milk is served with breakfast and PM snack.
- Late Snack varies and consists of a rotation of healthy organic fruit & vegetables, whole grains, and proteins.
- At Sequoia's Treehouse our food is prepared using fresh, local, organic ingredients as much as possible. If you have any questions please ask a staff.