

Sequoia's Treehouse Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Biscuits w/Jam Roasted Potatoes	Good Morning Sunshine Cookies (no eggs) Pear Slices	Oatmeal Raisin Muffins (no eggs) Bananas	Buttered English Muffin w/choice of Strawberry Jam Bananas	Yogurt with Granola and blueberries
Snack:	Snack:	Snack:	Snack:	Snack:
Rice Cakes w/Almond Buttered Applesauce	Graham Crackers w/cream cheese Apple slices	Dried apples Gold Fish Pear slices	Sweet Potato Crackers w/ Hummus String Cheese	Carrots and Pita chips w/Hummus to dip
PM Snack:	PM Snack:	PM Snack:	PM Snack:	PM Snack:
Macaroni and Cheese Mandarin Oranges	Chicken sausages Cheese slices w/ Triscuits	Turkey Roll-ups (Nitrate and MSG Free) Almond Flour Crackers String Cheese	Cheese Quesadillas w/Salsa Tortilla Chips	Apples w/Almond Buttered Organic Animal Crackers

- 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.