

# NEW LEAF PREP ACADEMY & PRESCHOOL NUTRITION PROGRAM

## *School Food Like Never Before!*

With a focus on a whole child approach to education a top quality nutrition program is a no brainer. At New Leaf we prioritize serving high-quality, local, nutrient-rich and organic meals to fuel your child's body and brain. We have paired with a nutritionist to develop our 4-week rotating menu to do just that, and after years of working with children we are confident we can get them excited and interested in discovering new items to create lifelong healthy habits!

### *Vegetable Rotation Includes:*

- Carrots
- Cucumbers
- Radishes
- Green Beans
- Pea Pods
- Mushrooms
- Celery
- Bell Peppers
- Sweet Peppers
- Olives and Pickles
- Broccoli
- Cauliflower

### *Fruit Rotation Includes:*

- Pineapple
- Watermelon
- Blueberries
- Raspberries
- Strawberries
- Apples
- Oranges
- Kiwis
- Bananas
- Grapes
- Pears
- Cantaloupe
- Honeydew
- Mangos

### *We Focus on the Following:*

- Organic, fresh and wholesome ingredients
- Selective local sourcing
- Local organic grass-fed beef and organic pasture-raised chicken
- Using high quality stainless steel cookware
- Using glass and stainless steel for food contact to avoid leaching toxins
- Growing and eating garden fresh
- Organic "Dirty Dozen"
- Eating seasonally
- Limiting sugar

### *We Exclude the Following:*

- Non-organic heavily processed foods
- Non-organic corn or corn-products
- Non-organic dairy
- Corn syrup
- Artificial colorings
- Artificial flavorings
- Artificial sweeteners
- Nitrates/Nitrites
- GMO granulated sugar
- GMO soybeans
- Iodized table salt (sea salt only)
- Vegetable oil
- Artificial butter
- Non-organic apple or apple products
- Heating items in plastic or in a microwave

## Full Transparency.

Not sure about our dedication to nutrition? Here is a look at a few of our suppliers:



# NEW LEAF

## *Weekly Menu*

### WEEK 1

Day	Monday #1	Tuesday #2	Wednesday #3	Thursday #4	Friday #5
<b>BREAKFAST</b>	Your choice of organic whole grain cereal served with fresh seasonal fruit	Organic egg bake with cheese, broccoli and turkey sausage served with whole wheat toast and fresh fruit	Organic oats with a variety of toppings served with fresh seasonal fruit	Whole wheat bagels topped with cream cheese and served with fresh cut fruit	Made from scratch whole wheat pumpkin bread served with fresh fruit
<b>MORNING SNACK</b>	Organic graham crackers served with peanut butter and organic apple slices	Organic whole wheat crackers, served with fresh cut vegetables and hummus	Sweet and salty trail mix with dried fruit served with organic string cheese	Multi-seed crackers served with homemade ranch and fresh cut vegetables	Organic tortilla chips served with homemade guacamole
<b>LUNCH</b>	Whole wheat spaghetti pomodoro with homemade vegetable and grass-fed beef sauce served with garlic toast and fresh fruit	Pesto, tomato and shredded chicken sandwiches served on whole wheat toast with fresh seasonal fruit	Homemade organic grass-fed beef and vegetable soup served with organic sprouted wheat bread and seasonal fresh fruit	Chicken fajitas served on whole wheat tortillas with cheese, sour cream, and fresh fruit	Build your own greek pasta bowl with chickpeas, whole wheat bowtie pasta, shredded chicken, and diced vegetables served with fresh fruit
<b>AFTERNOON SNACK</b>	Whole wheat tortilla pinwheel with cream cheese and jelly served with fresh fruit	Homemade frozen fruit and organic greek yogurt popsicles	Peanut butter energy bites served with fresh cut vegetables	Fresh cut vegetables, and hummus served with organic string cheese	Banana roll up with organic peanut butter on a whole wheat tortilla

2% Organic milk is served to all students in attendance with every meal  
 Gluten-free menu in progress

# NEW LEAF

## *Weekly Menu*

### WEEK 2

Day	Monday #6	Tuesday #7	Wednesday #8	Thursday #9	Friday #10
<b>BREAKFAST</b>	Your choice of organic whole grain cereal served with fresh seasonal fruit	Cage free organic scrambled eggs served with whole wheat toast and fresh fruit	Organic oats with a variety of toppings served with fresh seasonal fruit	Whole wheat toast topped with organic peanut butter served with fresh fruit	Homemade lemon blueberry muffins served with fresh fruit
<b>MORNING SNACK</b>	Whole wheat bagel and cream cheese served with fresh cut vegetables	Homemade gluten-free oatmeal and almond butter bars served with fresh fruit	Organic greek yogurt parfaits topped with fruit and granola	Homemade seasoned ranch crackers served with fresh cut vegetables	Fresh cut vegetables served with peanut butter and pretzels
<b>LUNCH</b>	Shredded chicken, broccoli, and quinoa casserole topped with cheese and served with fresh seasonal fruit	Homemade tater tot casserole made with grass-fed beef, organic green beans and served with fresh fruit	Chicken, tomato, and mushroom pesto pizza on hand tossed crust served with fresh seasonal fruit	Hearty homemade lasagna soup served with garlic toast and fresh seasonal fruit	Organic turkey sloppy joes served with fresh fruit and cooked vegetables
<b>AFTERNOON SNACK</b>	Peanut butter quesadillas on whole wheat tortillas served with fresh cut vegetables	Sweet and salty trail mix with dried fruit served with organic string cheese	Sweet potato crackers served with organic hummus and fresh cut vegetables	Organic cottage cheese served with fresh fruit and graham crackers	Organic rice cake fruit pizzas topped with cream cheese and fresh fruit

2% Organic milk is served to all students in attendance with every meal  
 Gluten-free menu in progress

# NEW LEAF

## *Weekly Menu*

### WEEK 3

Day	Monday #6	Tuesday #7	Wednesday #8	Thursday #9	Friday #10
<b>BREAKFAST</b>	Your choice of organic whole grain cereal served with fresh seasonal fruit	Breakfast burritos served on whole wheat tortillas with fresh fruit	Seasonal overnight oats served with fresh fruit	Whole wheat avocado toast served with fresh seasonal fruit	Made from scratch banana bread with flax meal served with fresh fruit
<b>MORNING SNACK</b>	Peanut butter quesadillas on whole wheat tortillas served with fresh cut vegetables	Organic rice cake fruit pizzas topped with cream cheese and fresh fruit	Sweet potato crackers served with hummus and fresh cut vegetables	Organic corn tortilla chips served with chunky organic salsa	Sweet and salty trail mix with dried fruit served with organic string cheese
<b>LUNCH</b>	Pesto, tomato and shredded chicken sandwich served on whole wheat toast with fresh seasonal fruit	Homemade white chicken chili served with organic tortilla chips and fresh fruit	Grass-fed beef meatloaf served with homemade garlic mashed potatoes, steamed vegetables, and fresh fruit	Made from scratch ground turkey, bell pepper, and olive flatbread served with fresh fruit	Organic pasture-raised BBQ shredded chicken sandwiches on whole wheat buns served with fresh vegetables and fruit
<b>AFTERNOON SNACK</b>	Pretzels served with homemade vegetable cream cheese and fresh cut vegetables	Organic whole wheat crackers served with peanut butter and fresh cut vegetables	Organic greek yogurt parfaits topped with granola and seasonal berries	Homemade seasoned ranch crackers served with fresh cut vegetables	Homemade gluten-free oatmeal and almond butter bars served with fresh fruit

2% Organic milk is served to all students in attendance with every meal

Gluten-free menu in progress

# NEW LEAF

## *Weekly Menu*

### WEEK 4

Day	Monday #6	Tuesday #7	Wednesday #8	Thursday #9	Friday #10
<b>BREAKFAST</b>	Organic cereal served with fresh fruit	Pasture-raised hard boiled eggs served with toast and fresh fruit	Organic oats with a variety of toppings served with fresh seasonal fruit	Whole wheat bagels served with cream cheese and fresh fruit	Homemade zucchini bread served with fresh fruit
<b>MORNING SNACK</b>	Whole wheat tortillas served with cream cheese and fresh fruit	Pretzels and organic string cheese served with fresh cut vegetables	Organic rice cakes served with cream cheese topping and fresh cut vegetables	Organic whole wheat crackers served with fresh cut vegetables and homemade ranch	Organic peanut butter energy bites made with oats and honey served with fresh fruit
<b>LUNCH</b>	Homemade greek yogurt mac and cheese with whole wheat cavatappi pasta and spinach served with fresh fruit	Grass-fed beef tacos served on whole wheat tortillas with tomato, lettuce, cheese, and fresh fruit	Shredded chicken served with garlic mashed potatoes, organic corn, gravy, and fresh fruit	Local grass-fed beef hamburgers served with a side salad and fresh seasonal fruit	Gourmet sourdough grilled cheese with avocado served with tomato bisque soup and fresh fruit
<b>AFTERNOON SNACK</b>	Graham crackers served with peanut butter and fresh cut vegetables	Organic cottage cheese served with fresh fruit and graham crackers	Homemade frozen fruit and greek yogurt popsicles	Made from scratch gluten free spinach banana muffins	Sweet and salty trail mix served with fresh fruit

2% Organic milk is served to all students in attendance with every meal  
 Gluten-free menu in progress