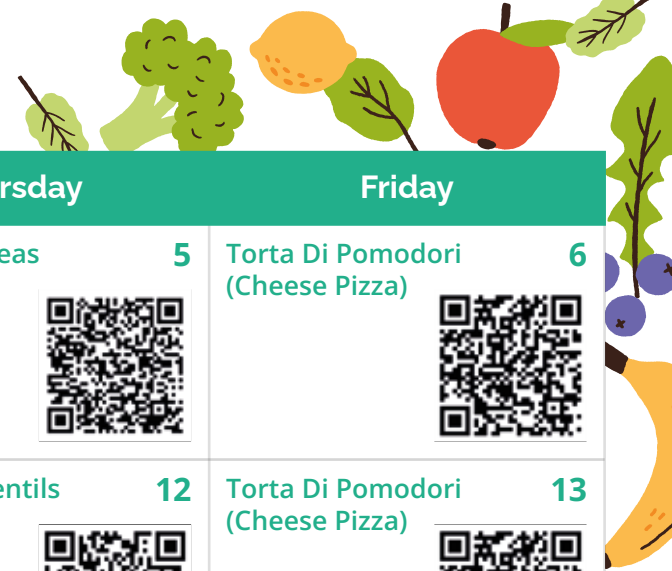

























JUNE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Alfredo 2 	Parmesan Crusted Chicken W/Rice 3 	Pasta Bolognese 4 	Green Split Peas W/Rice 5 	Torta Di Pomodori (Cheese Pizza) 6 
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Savory Mince W/Rice 30 				

NG Organic proudly prepares our food daily with fresh ingredients, therefore the menu is subject to change based on availability. Please note the organic food program runs Monday-Thursday and Torta di Pomodori is posted for informative purposes only. Please review the **NGO** waiver for further clarification.



Aromatic Chicken W/Rice



Ingredients

10g chopped Onions
 10g chopped Pepper
 56g Skinlees Chicken Breast
 30g Steamed Baby Spinach
 80g Sweet Potatoes
 30g Mango
 ½ Cup White Rice
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	47.45g
Fat	15.53g
Protein	10.85g
Calories	369
Vitamin D	0ug
Calcium	72mg
Iron	2.7mg
Potassium	607mg
Vitamin A	725ug
Vitamin C	19.8mg

BBQ Chicken W/Rice



Ingredients

10g chopped Onions
 10g chopped Pepper
 56g Skinlees Chicken Breast
 20g BBQ Sauce
 ½ Cup White Rice
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	31.17g
Fat	18.60g
Protein	20.76g
Calories	374
Vitamin D	0ug
Calcium	45mg
Iron	2.4mg
Potassium	399mg
Vitamin A	32ug
Vitamin C	31.2mg



Broccoli Pesto



Ingredients

1 tablespoons Grated Parmesan Cheese
 1 tablespoons Mayonnaise
 100g Barilla Pasta
 2 tablespoons fresh lemon zest (from 1 fresh lemon)
 25g Steamed Broccoli
 30g Steamed Baby Spinach
 10g Organic Chickpeas
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	77.89g
Fat	8.31g
Protein	21.49g
Calories	445
Vitamin D	0ug
Calcium	101mg
Iron	3.9mg
Potassium	597.15mg
Vitamin A	17ug
Vitamin C	33.4mg

Chicken W/Lentils



Ingredients

5g chopped Organic Chives
 10g chopped Onions
 10g chopped Pepper
 100g Lentils
 10g Shopped Carrots
 56g Skinlees Chicken Breast
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	24.16g
Fat	26.83g
Protein	22.32g
Calories	419
Vitamin D	0ug
Calcium	41mg
Iron	3.88mg
Potassium	599mg
Vitamin A	144ug
Vitamin C	15.4mg



Fall Pesto Chicken Salad



Ingredients

10g Steamed Broccoli
 10g Chopped Onions
 10g Chopped Pepper
 56g Minced Chicken breast
 100g Mixed Vegetable (Carrots, Peas, Green Beans)
 1 tablespoons olive oil
 1 tablespoons Butter
 1 tablespoons cheddar cheese
 1 tablespoons weber Mediterranean Herb Seasoning
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	14.9g
Fat	35.4g
Protein	22.5g
Calories	465
Vitamin D	0ug
Calcium	175mg
Iron	6.74mg
Potassium	591.99mg
Vitamin A	119ug
Vitamin C	8.5mg

Green Split Peas W/Rice



Ingredients

5g chopped Organic Chives
 10g chopped Onions
 10g chopped Pepper
 ½ Cup Green Split Peas
 10g Shopped Carrots
 ½ Cup White Rice
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	42.63g
Fat	22.05g
Protein	8.34g
Calories	396
Vitamin D	0ug
Calcium	51mg
Iron	2.81mg
Potassium	404mg
Vitamin A	203ug
Vitamin C	27mg



Homemade Beefaroni



Ingredients

1 Teaspoon olive oil
 1 pound lean ground beef
 1 medium yellow onion, finely chopped
 1 green bell pepper, diced
 2 ounces mushrooms, sliced (cremini or white button mushrooms)
 3 tablespoons tomato paste
 1 Teaspoon smoked paprika
 1 Teaspoon onion powder
 1 Teaspoon garlic powder
 ½ Teaspoon black pepper
 2 cup low-sodium beef broth
 1 ½ cups shredded Cabot cheddar cheese

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	30g
Fat	28g
Protein	35g
Calories	445
Vitamin D	ug
Calcium	mg
Iron	mg
Potassium	mg
Vitamin A	ug
Vitamin C	mg

Mediterranean Skillet Chicken Pasta



Ingredients

1 Tbsp oil
 1.5 pounds boneless, skinless chicken breast, diced
 3 cloves garlic, minced
 1 red pepper, diced
 ½ cup diced onion
 1Tbsp paprika
 Salt and pepper, to taste
 1 cup dry pasta
 2 cups chicken broth
 ¾ cup canned no-salt-added diced tomatoes, drained
 2 cups fresh baby spinach
 1 cup crumbled feta cheese

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	20g
Fat	33g
Protein	25g
Calories	375
Vitamin D	ug
Calcium	mg
Iron	mg
Potassium	mg
Vitamin A	ug
Vitamin C	mg



Mini Meatballs W/Veggies



Ingredients

1 Huevo
 1 oz Mashes Potatoes
 10g Steamed Broccoli
 10g chopped Onions
 10g chopped Pepper
 56g Ground beef (95% lean and 5% fat)
 100g Mixed Vegetable (Carrots, Peas, Green Bears)
 5g Italian Style Bread crumbs
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	20.95g
Fat	36.27g
Protein	22.82g
Calories	499
Vitamin D	0ug
Calcium	118mg
Iron	3.42mg
Potassium	605.66mg
Vitamin A	77ug
Vitamin C	11mg

Parmesan Crusted Chicken W/Rice



Ingredients

1 Chicken Egg
 1 oz Mashed Potatoes
 1 tablespoons Grated Parmesan Cheese
 10g Steamed Broccoli
 10g chopped Onions
 10g chopped Pepper
 56g Skinlees Chicken Breast
 10g Organic Sweet Peas
 ½ Cup White Rice
 5g Italian Style Bread crumbs
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	35.62g
Fat	20.82g
Protein	23.74g
Calories	427
Vitamin D	0ug
Calcium	101mg
Iron	2.49mg
Potassium	665.52mg
Vitamin A	72ug
Vitamin C	4.8mg



Pasta Alfredo



Ingredients

50g 'Limone Alfredo Sauce' Trader Joes
 1 Tablespoon Extra Virgin Olive Oil
 20g Whole Kernel Corn
 1/2 Cloves Garlic (peeled and smashed)
 ½ Teaspoon Salt
 1 Cup Pasta Quintet Organic
 1 Tablespoon Parmesan Cheese
 1 Teaspoon Garlic Powder
 ½ Teaspoon Black Pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	86.61g
Fat	34.00g
Protein	18.17g
Calories	740
Vitamin D	0ug
Calcium	81mg
Iron	1.42mg
Potassium	325.8mg
Vitamin A	103ug
Vitamin C	0.3mg

Pasta Bolognese



Ingredients

1 tablespoons Grated Parmesan Cheese
 5g chopped Organic Chives
 10g chopped Onions
 10g chopped Pepper
 10g Shopped Carrots
 56g Ground beef (95% lean and 5% fat)
 35g Petite Dice Tomatoes
 2oz Barilla Pasta
 3g Italian Seasoning Mediterranean Blend
 1 teaspoon dried oregano (optional)
 1 tablespoons olive oil
 1 tablespoons Butter
 1 Bay Leaves
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	46.17g
Fat	18.95g
Protein	25.45g
Calories	442
Vitamin D	0ug
Calcium	106mg
Iron	4.3mg
Potassium	665mg
Vitamin A	110ug
Vitamin C	7.7mg



Pasta Pesto Finger Salad



Ingredients

1 tablespoons Grated Parmesan Cheese
 5g chopped Organic Chives
 10g chopped Onions
 10g chopped Pepper
 56g Skinlees Chicken Breast
 20g Petite Dice Tomatoes
 100g Barilla Pasta
 5g Italian Seasoning Mediterranean Blend
 2 teaspoon dried Basil
 1 teaspoon dried oregano
 1 tablespoons olive oil
 1 tablespoons Butter
 1 Bay Leaves
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	73.70g
Fat	37.04g
Protein	37.43g
Calories	753
Vitamin D	0ug
Calcium	143mg
Iron	5.76mg
Potassium	748.15mg
Vitamin A	147ug
Vitamin C	4.1mg

Quick Pasta and Peas



Ingredients

100 Barilla Pasta
 2 oz Mixed Vegetable (Carrots, Peas, Green Bears)
 ½ oz Sweet Corn
 5g Cheddar Cheese
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	78.59g
Fat	27.3g
Protein	21.73g
Calories	614
Vitamin D	0ug
Calcium	82mg
Iron	4.39mg
Potassium	646.15mg
Vitamin A	389ug
Vitamin C	7.7mg



Red Beans W/Beef



Ingredients

1 tablespoons Grated Cheddar Cheese
 5g chopped Organic Chives
 10g chopped Onions
 10g chopped Pepper
 ½ Cup Red Beans
 56g Ground Beef 95% Lean 5% Fat
 20g Petite Dice Tomatoes
 5g Italian Style Bread crumbs
 1 tablespoon olive oil
 1 tablespoon Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	23.93g
Fat	21.11g
Protein	20.17g
Calories	366
Vitamin D	0ug
Calcium	27mg
Iron	1.01mg
Potassium	283mg
Vitamin A	67ug
Vitamin C	15.2mg

Savory Mince W/Rice



Ingredients

100g Mixed Vegetable (Carrots, Peas, Green Bears)
 5g chopped Organic Chives
 10g chopped Onions
 10g chopped Pepper
 56g Ground beef (95% lean and 5% fat)
 20g Petite Dice Tomatoes
 ½ Cup White Rice
 3g Italian Seasoning Mediterranean Blend
 1 teaspoon dried oregano (optional)
 1 tablespoons olive oil
 1 tablespoons Butter
 1 Bay Leaves
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	26.21g
Fat	16.61g
Protein	16.21g
Calories	321
Vitamin D	0ug
Calcium	48mg
Iron	3.46mg
Potassium	493.14mg
Vitamin A	15ug
Vitamin C	5.7mg



White Beans W/Chicken



Ingredients

1 tablespoons Grated Cheddar Cheese
 5g chopped Organic Chives
 10g chopped Onions
 10g chopped Pepper
 ½ Cup White Beans
 56g Skinlees Chicken Breast
 20g Petite Dice Tomatoes
 1 tablespoons olive oil
 1 tablespoons Butter
 1 teaspoon dried Garlic
 ¼ teaspoon salt
 Freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	24.27g
Fat	20.19g
Protein	22.42g
Calories	361
Vitamin D	0ug
Calcium	96mg
Iron	1.04mg
Potassium	602mg
Vitamin A	111ug
Vitamin C	15.2mg

Torta Di Pomodori (Cheese Pizza)



Ingredients

Pizza is provided by Little Caesars and their nutrition and allergen information is provided at their website at

<https://littlecaesars.com/en-us/nutrition/>

Our organic food program is exclusively served Monday through Thursday. This program ensures that children have access to wholesome, organic meals on these days. It is important to clarify that our pizza Friday, also known as **Torta di Pomodori**, is not part of our organic food program.

While it is included on the menu for informative purposes, it is not included in our organic meal offerings. Parents have the option to opt in or out of pizza Friday. we believe in transparency and clarity regarding our food program and we're always available to address any questions or concerns you may have.

Thank you for entrusting us with your child's nutrition and well-being.

