



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! 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
- Celery
- Beets
- Bell Peppers
- Sweet Peppers
- Broccoli
- Cauliflower
- Squash
- Zucchini

Fruit Rotation Includes:

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

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:



BADGER Wholesale
Foodservice
Your Service First Family Owned Wholesale Distributor Since 1908

NEW LEAF PREP ACADEMY & PRESCHOOL

Weekly Menu

WEEK 1

Day	Monday #1	Tuesday #2	Wednesday #3	Thursday #4	Friday #5
Breakfast	Choice of organic whole grain cereal Served with fresh rotational fruit	Egg and cheese whole grain breakfast sandwich Served with fresh rotational fruit	Whole wheat bagel with cinnamon maple cream cheese Served with fresh rotational fruit	Homemade zucchini bread Served with fresh rotational fruit	Homemade banana pancakes Served with fresh rotational fruit
Morning Snack	Guacamole with organic tortilla chips	Apple slices served with a cheese stick	Homemade blueberry muffins	Multi-seed crackers served with organic hummus	Build your own banana peanut butter pinwheels on whole wheat tortillas
Lunch	Baked whole wheat ziti layered in a homemade ragù sauce with roasted cauliflower and fresh-cut fruit	Chicken stir fry with roasted vegetables, seasoned brown rice, and fresh cut fruit	Cottage pie served with roasted carrots and fresh-cut fruit	Roasted turkey with house gravy, green beans, and fresh fruit	Chicken lemon rice soup with broccoli. served with a whole wheat dinner roll and fresh fruit
Afternoon Snack	Greek yogurt parfait topped with granola and fresh fruit	Peanut butter and fruit compote on sprouted whole grain toast	Homemade granola bars served with orange slices	Apple slices served with peanut butter	Homemade protein oat balls served with fresh fruit

Organic whole or 2% milk is served with all breakfast and lunch meals to students enrolled in the hot-lunch nutrition program. Milk is also an option for students bringing cold lunch. Please see the handbook for details.

All meals and snacks are made in-house. An alternate meal with a side salad will be offered for all lunches, as well as gluten-free options. For full ingredient or recipe information, please contact us to get in touch with our food director.

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Weekly Menu

WEEK 2

Day	Monday #6	Tuesday #7	Wednesday #8	Thursday #9	Friday #10
Breakfast	Choice of organic whole grain cereal Served with fresh rotational fruit	Egg, cheese, & sausage breakfast burrito Served with fresh rotational fruit	Whole wheat bagel with cinnamon maple cream cheese Served with fresh rotational fruit	Homemade pumpkin bread Served with fresh rotational fruit	Homemade whole wheat french toast sticks Served with fresh rotational fruit
Morning Snack	Sliced sweet peppers with homemade bean dip	Carrots and cucumbers with homemade ranch	Homemade protein oat bars served with fresh fruit	Apple slices served with peanut butter	Build your own strawberry cream cheese pinwheels on whole wheat tortillas
Lunch	Grass-fed beef cheeseburger on a whole wheat bun with organic roasted glazed beets and fresh-cut fruit	Chicken Pop-over with sweet potato mash and fresh-cut fruit	Whole grain layered spinach lasagna with roasted broccoli, and fresh fruit	Chicken tikka masala with brown rice, roasted carrots, and fresh-cut fruit	Carrot and orange soup, crispy grilled cheese sandwich, and fresh-cut fruit
Afternoon Snack	Cottage cheese served with fresh cut peaches	Strawberries and cream granola bars	Peanut butter and fruit compote on sprouted whole grain toast	Homemade yogurt fruit popsicles	Homemade protein oat balls served with fresh fruit

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Weekly Menu

WEEK 3

Day	Monday #11	Tuesday #12	Wednesday #13	Thursday #14	Friday #15
Breakfast	Choice of organic whole grain cereal Served with fresh rotational fruit	Egg and cheese whole grain breakfast sandwich Served with fresh rotational fruit	Whole wheat bagel with cinnamon maple cream cheese Served with fresh rotational fruit	Homemade zucchini bread Served with fresh rotational fruit	Homemade banana pancakes Served with fresh rotational fruit
Morning Snack	Homemade guacamole with organic tortilla chips	Apple slices served with a cheese stick	Homemade blueberry muffins	Multi-seed crackers served with organic hummus	Build your own banana peanut butter pinwheels on whole wheat tortillas
Lunch	Cheese and bean enchilada casserole, corn, and fresh cut fruit	Homemade pizza topped with organic sausage, garlic spinach, and fresh-cut fruit	Biscuits and sausage gravy served with roasted carrots and fresh fruit	Roasted chicken with homemade stuffing, green beans, and fresh-cut fruit.	Classic homemade chili, honey cornbread, green beans, and fresh-cut fruit
Afternoon Snack	Greek yogurt parfait topped with granola and fresh fruit	Homemade multi grain bars with strawberries	Peanut butter and fruit compote on sprouted whole grain toast	Apple slices served with peanut butter	Homemade protein oat balls served with fresh fruit

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Weekly Menu

WEEK 4

Day	Monday #16	Tuesday #17	Wednesday #18	Thursday #19	Friday #20
Breakfast	Choice of organic whole grain cereal Served with fresh rotational fruit	Local farm fresh scrambled eggs with whole wheat toast Served with fresh rotational fruit	Whole wheat bagel with cinnamon maple cream cheese Served with fresh rotational fruit	Homemade pumpkin bread Served with fresh rotational fruit	Homemade Cinnamon Oatmeal Bake Served with fresh rotational fruit
Morning Snack	Sliced sweet peppers with homemade bean dip	Celery and carrots with homemade ranch	Homemade protein oat bars served with fresh fruit	Apple slices served with a cream cheese dip	Build your own cranberry cream cheese pinwheels on whole wheat tortillas
Lunch	Sloppy Joes on a whole wheat bun with roasted cauliflower and fresh fruit	Lentil tacos with street corn salad, Mexican brown rice, and fresh-cut fruit	Roasted chicken with risotto, sweet potato mash, and fresh-cut fruit	Whole wheat spaghetti Bolognese with roasted broccoli and fresh fruit	Turkey white bean soup, honey cornbread, and fresh-cut fruit
Afternoon Snack	Cottage cheese served with fresh cut peaches	Strawberries and cream granola bars	Peanut butter and fruit compote on sprouted whole grain toast	Homemade yogurt fruit popsicles	Homemade protein oat balls served with fresh fruit

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