



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 2-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 1909

NEW LEAF PREP ACADEMY

Weekly Menu

Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic Whole Grain Cereal served with Fresh Fruit	Organic Overnight Oats served with Fresh Fruit	Pasture-Raised Hard Boiled Eggs served with Fresh Fruit	Homemade Banana Bread served with Fresh Fruit	Whole Wheat Toast topped with Organic Peanut Butter served with Fresh Fruit
Morning Snack	Relish Tray with Organic Olives, Pickles, and Whole Wheat Crackers	Organic Greek Yogurt Parfaits topped with Granola and Fresh Seasonal Fruit	Organic Corn Tortilla Chips served with Chunky Organic Salsa	Pretzels served Fresh Cut Vegetables and Homemade Ranch	Sweet and Salty Trail Mix served with Fresh Fruit
Lunch	Organic BBQ Shredded Chicken Sandwiches on a Whole Wheat Bun served with Steamed Broccoli and Fresh Fruit	Grass Fed Beef Tacos served on a Whole Wheat Tortilla with Whole Grain Rice, Black Beans, and Corn served with Fresh Fruit	Homemade Greek Yogurt Mac n Cheese with Whole Wheat Cavatappi Pasta served with Steamed Carrots and Fresh Fruit	Homemade White Chicken Chili Soup served with Organic Corn Tostito Chips and Fresh Fruit	Grass Fed Beef Meatloaf served with Homemade Garlic Mashed Potatoes, Steamed Green Beans and Fresh Fruit
Afternoon Snack	Organic Cottage Cheese served with Fresh Fruit	Sweet and Salty Trail Mix served with Organic String Cheese	Banana roll-up with Organic Peanut Butter on Whole Wheat Tortilla	Organic Graham Crackers served with Organic Cream Cheese and Fresh Fruit	Organic Apples served with Peanut Butter

Organic whole or 2% milk is served with all breakfast and lunch meals to students.

All meals and snacks are made in-house. For full ingredient or recipe information, please contact us to get in touch with our food director.

NEW LEAF PREP ACADEMY

Weekly Menu

Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic Whole Grain Cereal served with Fresh Fruit	Organic Overnight Oats served with Fresh Fruit	Pasture-Raised Hard Boiled Eggs served with Fresh Fruit	Homemade Pumpkin Bread served with Fresh Fruit	Whole Wheat Bagels topped with Organic Maple Cream Cheese served with Fresh Fruit
Morning Snack	Sweet and Salty Trail mix served with Fresh Fruit	Organic Apples served with Peanut Butter	Organic Crackers served with Fresh Cut Vegetables and Homemade Ranch	Organic Corn Tortilla Chips served with Homemade Guacamole	Homemade Peanut Butter Organic O's Bites served with Fresh Fruit
Lunch	Pesto, Tomato, and Shredded Chicken Sandwiches with a Whole Wheat Bun served with Steamed Corn and Fresh Fruit	Homemade Tator Tot Casserole made with Grass Fed Beef and Steamed Green Beans served with Fresh Fruit	Tomato Basil Soup served with Homemade Whole Wheat Grilled Cheese and Fresh Fruit	Shredded Chicken, Broccoli, and Quinoa Casserole topped with Organic Cheese served with Fresh Fruit	Whole Wheat Spaghetti made with Grass-Fed Beef and Organic Tomato Sauce served with Steamed Carrots and Fresh Fruit
Afternoon Snack	Homemade Protein Oat Bars served with Fresh Fruit	Organic Graham Crackers served with Peanut Butter and Fresh Fruit	Organic Cottage Cheese served with Fresh Fruit	Sweet and Salty Trail Mix served with Organic String Cheese	Homemade Seasoned Ranch Crackers served with Fresh Cut Vegetables

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