

# Fall & Winter Food Menu

## Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	MULTIGRAIN CEREAL, BANANA  MILK	TOASTED BAGELS WITH CREAM CHEESE  MILK	ARROWROOT CHEESE CUBES  MILK	PANCAKES WITH APPLE JAM  MILK	TOASTED BREAD WITH BUTTER  MILK
LUNCH	CHEESE & BOLOGNA SANDWICHES  WITH CUCUMBERS  FRESH FRUIT MILK	OMA'S CHICKEN BROCCOLI CASSEROLE  WITH RICE  FRESH FRUIT MILK	MEATBALLS WITH MASHED POTATOES  FRESH FRUIT MILK	CREAMY POTATO & SPINACH SOUP  WITH PITA BREAD  FRESH FRUIT MILK	MACARONI & CHEESE WITH CHICKPEAS ZUCCHINI  FRESH FRUIT MILK
AFTERNOON SNACK	CHOCOLATE CHIP PUMPKIN BREAD	YOGURT WITH BRAN BUDS	GINGERBREAD	BANANA BREAD	FOCCACIA BREAD WITH SALSA

# Fall & Winter Food Menu

## Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	MULTIGRAIN CEREAL, BANANA  MILK	WW BREAD WITH BUTTER  MILK	TOASTED ENGLISH MUFFIN CREAM CHEESE  MILK	BANANA ZUCCHINI MUFFINS  MILK	PANCAKES FRUIT  MILK
LUNCH	HEARTY CHILLI BEANS & BEEF CELERY ONIONS BUN  FRESH FRUIT MILK	BAKED TUNA CASSEROLE CORN GREEN BEANS  FRESH FRUIT MILK	CHEESEY BEEF QUESADILLAS CUCUMBER SLICES  FRESH FRUIT MILK	SWEET POTATO & LENTIL STEW NAAN  FRESH FRUIT MILK	CHEESY CHICKEN PIZZA BAGELS CUCUMBER SLICES  FRESH FRUIT MILK
AFTERNOON SNACK	YOGURT BRAN BUDS	BANANA OATMEAL MUFFINS	APPLE SLICES DIPPED IN WOW BUTTER	APPLE CINNAMON MUFFINS	CHEESE CUBES TEDDYGRAHAMS

# Fall & Winter Food Menu

## Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	MULTIGRAIN CEREAL, BANANA  MILK	YOGURT BRAN BUDS  MILK	TOASTED FRUIT WAFFELS  MILK	TOASTED ENGLISH MUFFINS CREAM CHEESE  MILK	CRACKERS CHEESE SLICES  MILK
LUNCH	CHICKEN NOODLE SOUP CARROTTS PEAS  FRESH FRUIT MILK	PANCAKES SCRAMBLED EGGS CUCUMBER SLICE  FRESH FRUIT MILK	SPANISH RICE CASSEROLE TOMATOS CELERY CARROTS TOFU  FRESH FRUIT MILK	EGG SALAD & CHEESE SANDWICHES CUCUMBER SLICES  FRESH FRUIT MILK	CHEESY NANN PIZZA WITH PEPPERONI ZUCHINNI SLICES  FRESH FRUIT MILK
AFTERNOON SNACK	BANANA LOAF	GOLDFISH & CRAISINS	CUCUMBERS & CARROTS HUMMMUS	PEACH COCONUT MUFFINS	APPLE SAUCE RICE CAKE

# Fall & Winter Food Menu

# Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	MULTIGRAIN CEREAL, BANANA  MILK	YOGURT BRAN BUDS  MILK	TOASTED ENGLISH MUFFIN CREAM CHEESE  MILK	RICE CAKE APPLE SAUCE  MILK	TOASTED FRUIT WAFFELS  MILK
LUNCH	SPAGHETTI & MEAT SAUCE CUCUMBER SLICES  FRESH FRUIT MILK	LEMON CHICKEN RICE & BEANS CORN  FRESH FRUIT MILK	TUNA & CHEESE SANDWHICHES PEPPER SLICES  FRESH FRUIT MILK	CHEESY QUICHE CUCUMBER SLICES  FRESH FRUIT MILK	TUNA FETA, ORZO SALAD TOMATO CORN  FRESH FRUIT MILK
AFTERNOON SNACK	FRENCH TOAST ORANGE SLICES	APPLE SAUCE CREAM CHEESE FLAT BREAD	GINGERBREAD MUFFINS	CHEESE SLICES & ARROWROOT CRACKERS	TORTILLA CHIPS SALSA