



## FALL & WINTER WEEK 1 MENU

Infants or children with allergies may write the child's name on the menu and CIRCLE items the child MAY eat and turn into your location's Kitchen Manager.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Hot or Cold Cereal Fruit Milk	Raisin Toast Fruit Milk	English Muffins w/ Cheese Fruit Milk	Yogurt w/ Granola Fruit Milk	Biscuit w/ Turkey Sausage Fruit Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Belvita Biscuit Water	Applesauce Water	Fig Bars Water	Cheez-it's Water	Fresh Fruit Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Bean Cheese Potato Taco Corn Tropical Fruit Milk	Chicken & Rice w/ Broccoli Peaches Milk	Cheese Tortellini Green Beans Fresh Fruit Milk	Beef Gravy Biscuit Carrots w/ Ranch Fresh Fruit Milk	BBQ Meatballs Sliced Bread Green Peas Mandarin Oranges Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Graham Crackers Water	String Cheese Water	Gogurt Water	Veggie Puffs/Straws Water	Ritz Crackers Water



## FALL & WINTER WEEK 2 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
Oatmeal	Cinnamon Toast	Bagels & Cream Cheese	Cheese Toast	Waffles
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
<b>AM SNACK</b>				
Cereal	Bananas	Pastry Crisp	Goldfish	Fruit & Grain Bar
Water	Water	Water	Water	Water
<b>HEALTHY LUNCH</b>				
Potato and Cheese Taco	Beef Stroganoff	Cheese Pizza	Chicken Cheese Quesadilla	Sloppy Joe
Corn	Green Peas	Salad	Green Beans	Carrots w/ Ranch
Peaches	Mandarin Oranges	Fresh Fruit	Fresh Fruit	Tropical Fruit
Milk	Milk	Milk	Milk	Milk
<b>PM SNACK</b>				
Apples	Club Crackers	Gogurt	Pretzels/Pretzel Thins	Saltines & cheese
Water	Water	Water	Water	Water



## FALL & WINTER WEEK 3 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
Hot or Cold Cereal Fruit Milk	Raisin Toast Fruit Milk	English Muffin w/ Cheese Fruit Milk	Yogurt & Granola Fruit Milk	Biscuit w/ Jelly Fruit Milk
<b>AM SNACK</b>				
Belvita Biscuit Water	Gold Fish Water	Fig Bars Water	Cheez-it's Water	Fruit & Grain Bar Water
<b>HEALTHY LUNCH</b>				
Cheese Ravioli Carrots w/ Ranch Tropical Fruit Milk	Chicken Breast Sandwich Green Beans Peaches Milk	Alfredo Sauce and Pasta Salad Fresh Fruit Milk	Chicken Pot Pie w/Veggies Fresh Fruit Milk	Fish Sticks Corn Mandarin Oranges Milk
<b>PM SNACK</b>				
Graham Crackers Water	String Cheese Water	Gogurt Water	Veggie Puffs/Straws Water	Ritz Crackers Water



## FALL & WINTER WEEK 4 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Waffles Fruit Milk	Cinnamon Toast Fruit Milk	Bagel w/ Cream Cheese Fruit Milk	Cheese Toast Fruit Milk	Muffins Fruit Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Cereal Water	Bananas Water	Pastry Crisp Water	Goldfish Water	Animal Crackers Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Cheese Quesadilla Corn Pineapple Milk	Chicken Tenders Carrots w/ Ranch Peaches Milk	Cheese Toast w/ Tomato Soup Salad Fresh Fruit Milk	Swedish Meatballs Carrots Fresh Fruit Milk	BBQ Chicken Sandwich Green Peas Mandarin Oranges Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Apples Water	Club Crackers Water	Gogurt Water	Pretzels/Pretzel Thins Water	Saltines & Cheese Water



## FALL & WINTER WEEK 5 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Hot or Cold Cereal Fruit Milk	Raisin Toast Fruit Milk	English Muffin & Cheese Fruit Milk	Yogurt & Granola Fruit Milk	Biscuit w/ Turkey Sausage Fruit Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Belvita Biscuit Water	Muffins Water	Fig Bar Water	Cheeze-it's Water	Fruit & Grain Bar Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Mac and Cheese Corn Tropical Fruit Milk	Chicken, Rice Broccoli Casserole Mandarin Oranges Milk	Cheese Pizza Salad Fresh Fruit Milk	Spaghetti & Meatballs Green Beans Fresh Fruit Milk	Steak Fingers Carrots /w Ranch Peaches Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Graham Crackers Water	String Cheese Water	Gogurt Water	Veggie Puffs/Straws Water	Ritz Crackers Water