



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
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold cereal Fruit Milk	Raisin Toast Fruit Milk	English Muffins w/ Cheese Fruit Milk	Yogurt w/ Granola Fruit Milk	Oatmeal Squares Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Whole Grain Belvita Biscuit Fruit Water	Buddy Grahams Fruit Water	Fig Bars Fruit Water	Cheez-it's Fruit Water	Fruit & Grain Bar Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Bean and Cheese Taco Corn Tropical Fruit Milk	Tomato Soup & Cheese Toast Mixed Veggies Peaches Milk	Turkey Spaghetti Green Beans Fresh Fruit Milk	Chicken & Rice with Broccoli Carrots Fresh Fruit Milk	BBQ Meatballs Sliced Bread Green Peas Mandarin Oranges Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Cream Cheese Water	Granola Bars String Cheese Water	Gogurt Animal Crackers Water	Cheese Quesadilla on Corn Tortillas Water	Whole Grain Ritz Crackers Sliced Cheese Water



FALL & WINTER WEEK 2 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal	Apple Cinnamon Toast	Bagels & Cream Cheese	Cheese Toast	Muffins
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal & Fruit	Graham Crackers & Fruit	Muffins & Fruit	Goldfish & Fruit	Fruit/Grain Bar & Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Tenders	Chicken & Cheese Quesadillas	Beef Stroganoff	Cheese Pizza	Pasta Fagioli
Mixed Veggies	Green Beans	Fresh Veggies	Peas & Carrots	Corn
Peaches	Mandarin Oranges	Fresh Fruit	Fresh Fruit	Tropical Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Bagel & Cream Cheese	Whole Grain Crackers	Gogurt	Veggies & Ranch	Pretzels
Water	Turkey	Animal Crackers	Club Crackers	Pepperoni
	Water	Water	Water	Water



FALL & WINTER WEEK 3 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Fruit Milk	Raisin Toast Fruit Milk	English Muffin w/ Cheese Fruit Milk	Yogurt & Granola Fruit Milk	Oatmeal Squares Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Belvita Biscuit & Fruit Water	Buddy Graham & Fruit Water	Fig Bars & Fruit Water	Cheez-it's & Fruit Water	Fruit/Grain Bar & Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Breast Sandwich Mixed Veggies Tropical Fruit Milk	Cheese Ravioli Green Beans Peaches Milk	Cowboy Stew Corn Bread Fresh Fruit Milk	Asian Chicken & Rice Carrots Fresh Fruit Milk	Fish Sticks Peas Mandarin Oranges Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers w/ Cream Cheese Water	Granola Bars String Cheese Water	Gogurt Animal Crackers Water	Cheese Quesadilla on Corn Tortillas Water	Whole Grain Ritz Sliced Cheese Water



FALL & WINTER WEEK 4 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal Fruit Milk	Apple Cinnamon Toast Fruit Milk	Bagel w/ Cream Cheese Fruit Milk	Cheese Toast Fruit Milk	Muffins Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal & Fruit Water	Graham Crackers & Fruit Water	Muffins & Fruit Water	Goldfish & Fruit Water	Fruit/Grain Bar & Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Swedish Meatballs Sliced Bread Peas & Carrots Pineapple Milk	Baked Ham Brown Rice Mixed Veggies Peaches Milk	Turkey & Cheese Sandwich Fresh Veggies Fresh Fruit Milk	Pizzadillas Carrots Fresh Fruit Milk	Turkey Sloppy Joe Green Peas Mandarin Oranges Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Bagels w/ Cream Cheese Water	Whole Grain Saltine Crackers Turkey Water	Gogurt Animal Crackers Water	Veggies & Ranch Club Crackers Water	Pretzels Pepperoni Water



FALL & WINTER WEEK 5 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Fruit Milk	Raisin Toast Fruit Milk	English Muffin & Cheese Fruit Milk	Yogurt & Granola Fruit Milk	Oatmeal Squares Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Belvita Biscuit Fruit Water	Buddy Graham Fruit Water	Fig Bar & Fruit Water	Cheeze-it's & Fruit Water	Fruit/Grain Bar & Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Beef Patty Melt Sliced Bread Mixed Veggies Tropical Fruit Milk	Tuna Casserole Green Peas Mandarin Oranges Milk	Cheese Pizza Carrots Fresh Fruit Milk	Chili Mac Green Beans Fresh Fruit Milk	Chicken Tenders Peas & Carrots Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Cream Cheese Water	Granola Bars String Cheese Water	Gogurt Animal Crackers Water	Cheese Quesadilla on Corn Tortillas Water	Whole Grain Ritz Sliced Cheese Water