



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
Belvita Biscuit Water	Bananas Water	Cinnamon Rasin Bread Water	Fig Bar Water	Fruit & Grain Bar Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Bean and Cheese Taco Corn Tropical Fruit Milk	Chicken & Rice w/ Broccoil Mixed Veggies Peaches Milk	Turkey Spaghetti Green Beans Fresh Fruit Milk	Tomato Soup Cheese Toast 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 Sun Butter Water	Granola Bars String Cheese Water	Fruit & Gogurt Water	Veggie Puffs/Straws Water	Ritz Crackers Sliced Cheese Water



FALL & WINTER WEEK 2 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
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	Bananas	Apple Cinnamon Muffins	Yogurt Parfait	Fruit & Grain Bar
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
Mashed Potatoes	Corn	Green Beans	Peas & Carrots	Garden Salad
Peaches	Mandarin Oranges	Fresh Fruit	Fresh Fruit	Tropical Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Rice Cakes & Cream Cheese	Club Crackers	Fruit w/ Gogurt	Pretzels/Pretzel Thins	Saltines
Water	Turkey	Water	Veggie Dip	Hummus
	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 Water	Bananas Water	Fig Bars Water	Cheese Toast Water	Fruit & Grain Bar Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Breast Sandwich Carrots Tropical Fruit Milk	Cheese Ravioli w/ Turkey and Red Sauce Green Beans Peaches Milk	Cowboy Stew Corn Bread Fresh Fruit Milk	Asian Chicken & Rice Mixed Veggies Fresh Fruit Milk	Fish Sticks Peas & Carrots Mandarin Oranges Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers w/ Sun Butter Water	Granola Bars String Cheese Water	Fruit & Gogurt Water	Veggie Puffs/Straws Water	Ritz Sliced Cheese Water



FALL & WINTER WEEK 4 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal	Apple Cinnamon Toast	Bagel w/ 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	Bananas	Muffins	French Toast Sticks	Fruit & Grain Bar
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Swedish Meatballs	Chicken Spaghetti	Turkey & Cheese Sandwich	Cheese Quessadilla	Turkey Sloppy Joe
Sliced Bread	Brown Rice	Fresh Veggies	Carrots	Green Peas
Peas & Carrots	Mixed Veggies	Fresh Fruit	Fresh Fruit	Mandarin Oranges
Pineapple	Peaches	Milk	Milk	Milk
Milk	Milk			
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Rice Cakes w/ Cream Cheese	Pretzels/Pretzel Thins	Fruit & Gogurt	Club Crackers	Saltines
Water	Veggie Dip	Water	Turkey	Hummus
	Water		Water	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 Water	Bananas Water	Fig Bar Water	Cereal Mix Water	Fruit & Grain Bar Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Beef Patty Melt Tater Tots Tropical Fruit Milk	Chicken 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 Sun Butter Water	Granola Bars String Cheese Water	Fruit & Gogurt Water	Veggie Puffs/Straws Water	Ritz Sliced Cheese Water