



FALL & WINTER WEEK 3 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal	Cinnamon Raisin Bagel	Sausage Biscuit	Yogurt & Cheerios	Mini Pancakes
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Goldfish & Fruit	Veggie Straws & Fruit	Graham Crackers & Fruit	Bluey Cereal Mix & Fruit	Fruit/Grain Bar & Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Fish Sticks	Turkey Sloppy Joe Wrap	Garden Rotini w/ Cheese	Cheese Pizza	Chicken Nuggets
Green Beans	Peas	Broccoli	Corn	Mixed Vegetables
Peaches	Fruit	Mixed Fruit	Pears	Applesauce
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers w/	Whole Grain Crackers w/	Goldfish/Pretzels	Cheez-its	Yogurt
Cream Cheese	Sliced Cheese	Sliced Pepperoni	Orange Slices	Animal Crackers
Water	Water	Water	Water	Water