



FALL & WINTER WEEK 4 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal	Sausage Biscuit	Yogurt & Cheerios	Cinnamon Raisin Bagel	French Toast Sticks
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cheez-its & Fruit	Cinnamon Cereal Mix & Fruit	Graham Crackers & Fruit	Goldfish & Fruit	Veggie Straws & Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Turkey & Cheese Taquito	Shell Pasta Chicken Alfredo	Cheese Pizza	Turkey Lasagna Casserole	Chicken Nuggets
Corn	Broccoli	Mixed Vegetables	Peas & Carrots	Steamed Carrots
Applesauce	Pears	Fruit	Mixed Fruit	Peaches
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Goldfish/Pretzels	Graham Crackers	Cheez-its	Yogurt	Whole Grain Crackers
Sliced Pepperoni	Cream Cheese	Orange Slices	Animal Crackers	Sliced Cheese
Water	Water	Water	Water	Water