



FALL & WINTER WEEK 5 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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				
Graham Crackers & Fruit	Cinnamon Cereal Mix & Fruit	Whole Grain Crackers & Fruit	Goldfish & Fruit	Apple Straws & Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH				
Chicken & Cheese Taco	Cheese Tortellini Alfredo	Chicken Nuggets	Turkey Chili Mac	Fish Sticks
Peas	Green Beans	Corn	Broccoli	Mixed Vegetables
Mixed Fruit	Peaches	Fruit	Applesauce	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK				
Cheez-its	Goldfish/Pretzels	Yogurt	Graham Crackers w/	Whole Grain Crackers
Orange Slices	Sliced Pepperoni	Animal Crackers	Cream Cheese	Sliced Cheese
Water	Water	Water	Water	Water