



FALL & WINTER WEEK 5 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal	Cinnamon Raisin Bagel	Sausage Biscuit	Yogurt & Cheerios	Blueberry Waffle
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Graham Crackers & Fruit	Strawberry Cereal Mix & Fruit	Cheez-its & Fruit	Whole Grain Crackers & Fruit	Veggie Straws & Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken & Cheese Taco	Penne Marinara	Fish Sticks	Pizzadilla	Chicken Nuggets
Peas	Green Beans	Corn	Peas & Carrots	Mixed Vegetables
Mixed Fruit	Peaches	Fruit	Applesauce	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Cheez-its	Graham Crackers w/	Yogurt	Goldfish/Pretzels	Whole Grain Crackers
Orange Slices	Cream Cheese	Animal Crackers	Slice Pepperoni	Sliced Cheese
Water	Water	Water	Water	Water