

Winter Menu (October To June)

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Apple sauce, cereal mix, water	Yogurt, berries, water	Oatmeal fruit muffin, oranges, water	Toast, apple sauce or apples, milk
LUNCH	Tuna and wow butter & jam sandwich fruit salad, milk	Chicken veggie stew, roll, apples, milk	Spaghetti beef cheese veggie bake, banana, milk	Veggie chili, rice, cheese, bananas, milk	Chicken cheese veggie casserole, melon, milk
P.M. SNACK	Hummus, cucumbers, crackers, water	Pears, cheese, water	Raisin bread carrots, water	Cheese, crackers, cucumbers, water	Assorted fruit, cereal mix, water
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Yogurt & apple sauce, water	Apple sauce, granola, water	Oatmeal muffins, melon, water	Cereal, milk, Banana slices
LUNCH	Chicken veggie soup, roll, oranges, milk	Tuna, cheese & cucumber, wowbutter sandwiches, apples, milk	Cabbage roll casserole with rice, beef, cheese, bananas, milk	Ham & cheese pea casserole, breadsticks, apples, milk	Cheese quiche, roll, fruit salad, milk
P.M. SNACK	Cucumber, raisin bread, water	Oranges, arrowroot crackers, water	Apples, pears, cheese & water	Yogurt, bananas, water	Oatmeal bites assorted fruit, water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Yogurt, berries, water	Apples, cheese, water	Wraps, wow butter, bananas, water	Banana muffins, melon water
LUNCH	Ham & cheese sandwich, cucumber, apples, milk	Sweet & Sour pineapple meatballs, rice, apples, milk	Beef & cheese rigatoni, caesar salad, banana, milk	Tuna pea casserole, roll, oranges, milk	Mini chicken cheese pizza, fruit salad, milk
P.M. SNACK	Oranges, arrowroot crackers, water	Hummus, crackers, carrot, cucumber, water	Apple sauce, graham cracker, water	Cucumbers, cheese, crackers, water	Yogurt, apple sauce, water
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Cereal mix, oranges, water	Hot oatmeal, berries, milk	Pineapple, yogurt water	Cereal, bananas slices, milk
LUNCH	Sloppy Joes on a bun, greek salad, milk	White bean tomato, noodle, soup, cheese, crackers, apples, milk	Chicken veggie fried rice, banana, milk	Broccoli white bean mac & cheese, apples, breadstick, milk	Meatloaf, potatoes, mixed veggies, milk
P.M. SNACK	Apple sauce, crackers, water	Yogurt, berries, granola, water	Oatmeal bites, apple, water	Wow butter wraps, cucumber, water	Assorted fruit, Arrowroot crackers, water
WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Yogurt, berries, water	Melon, raisin bread, water	Apple sauce, granola, water	Toast, berries, milk
LUNCH	Chicken broccoli divan, rice, oranges, milk	Grilled cheese sandwich, bean veggie pasta salad, milk	Beef barley veggie soup, roll, apples, milk	Italian wedding soup cheese, crackers cucumbers, milk	Fish or chicken, rice, mixed veggie, bananas, milk
P.M. SNACK	Apples or apple sauce, arrowroot crackers, water	Peppers, carrots, cucumbers, crackers, water	Oatmeal muffins, bananas, water	Cereal, milk, bananas, water	Assorted fruit, graham crackers, water