

# WINTER MENU (October to June)

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Wrap, banana, wow butter, water	Baked or hot oatmeal, apples, milk	Toast, apple sauce, milk	Oatmeal muffin, oranges, milk
<b>LUNCH</b>	Chicken, roll, strawberry spinach salad, milk	Chicken veggie stew, roll, melon, milk	Meatloaf, roll, cooked mixed veggies, banana, milk	Spaghetti squares (pasta, ground beef, spinach, peppers, cheese), oranges, milk	Veggie chili, rice, cheese, cucumbers, milk
<b>P.M. SNACK</b>	Raisin bread, carrots, water	Cheese, crackers, cucumbers, water	Broccoli, carrots, crackers, ranch dip, water	Naan bread, hummus, cucumbers, carrots, water	Cereal mix, assorted fruit, water
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Raisin bread, apple slices, milk	Mandarin oranges, yogurt, water	Apple sauce, animal crackers, water	Cereal mix, banana, water
<b>LUNCH</b>	Chicken vegetable soup, roll, melon, milk	Tuna on a bun with cheese, cucumbers, oranges, milk	Cabbage roll casserole, cheese, rice, bananas, milk	Ham, potatoes, pineapple, milk	Cheese & broccoli quiche, bread stick, apples, milk
<b>P.M. SNACK</b>	Cucumbers, peppers, crackers, ranch dip, water	Bread sticks, cucumbers, hummus, water	Oatmeal muffin, carrots, water	Cheese, crackers, cucumbers, water	Assorted fruit, yogurt, granola, water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Yogurt, blueberries, water	Cheese, apple slices, water	Oatmeal muffin, melon, milk	Assorted fruit, yogurt, water
<b>LUNCH</b>	Ham & cheese on a bun, apple veggie salad, milk	Sweet & sour pineapple meatballs, rice, peppers, milk	Baked rigatoni with cheese, caesar salad, melon, milk	Chicken bruschetta, rice, carrots, milk	Beef barley veggie soup, cheese, crackers, cucumbers, milk
<b>P.M. SNACK</b>	Oranges, crackers, water	Apples or apple sauce, animal crackers, water	No bake oatmeal apple bites, banana, water	Naan bread, wow butter, peppers, water	Cereal mix, banana, water
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Melon, fruit muffin, water	Apples, cheese, water	No bake oatmeal apple bites, banana, water	Berries, english muffin, milk
<b>LUNCH</b>	Sloppy Joes on a bun, greek salad, mandarin oranges, milk	White bean tomato macaroni soup, roll, apples, milk	Chicken veggie fried rice, cucumbers, milk	Mini chicken & cheese pizza, fruit salad, milk	Broccoli white bean mac & cheese, oranges, milk
<b>P.M. SNACK</b>	Broccoli, peppers, crackers, ranch dip, water	Yogurt, pineapple, water	Wraps, wow butter, banana, water	Cheese crackers, cucumbers, water	Assorted fruit, animal crackers, water
WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Apple sauce, yogurt, water	Baked or hot oatmeal, apples, milk	Apple slices, toast, water	Eggs, oranges, water
<b>LUNCH</b>	Chicken broccoli divan, rice, peppers, milk	Grilled cheese sandwich, bean veggie quinoa salad, apples, milk	Fish, rice with corn, oranges, milk	Chicken cheese veggie casserole, peppers, milk	Italian wedding soup, cheese sandwich, melon, milk
<b>P.M. SNACK</b>	Apples or apple sauce, animal crackers, water	Fruit muffin, carrots, water	Wow butter wraps, cucumbers, water	Cereal, banana slices, milk	Assorted fruit, yogurt, water

An additional healthy snack is provided for children who remain in care between 6pm to 7pm

\* All pasta & bread products are whole wheat; crackers are whole wheat unless otherwise stated.