

Winter Menu (October To June)

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Applesauce, granola, water	Kale fruit smoothie, graham crackers	Oatmeal fruit muffin, oranges, water	Toast, hard boiled eggs, oranges, water
LUNCH	Tuna cucumber & wowbutter sandwiches, fruit salad, milk	Chicken veggie stew, roll, apples, milk	Spaghetti beef, veggie cheese bake, bread stick, bananas & milk	Veggie chili, rice, cheese, bananas, milk	Chicken cheese casserole, mixed veggies & milk
P.M. SNACK	Crackers, cucumbers, peppers, yogurt dip, water	Cheese, naan bread, cucumber, water	Raisin bread, apple slices, water	Pears, apples, cheese, water	Assorted fruit, goldfish crackers, 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, pasta veggie salad & milk
P.M. SNACK	Cucumber, raisin bread, water	Oranges, arrowroot crackers, water	Apples, pears, cheese & water	Frozen fruit yogurt bark, water	Oatmeal bites, assorted fruit, water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Yogurt, berries, water	Cereal, berries, milk	Fruit muffins & bananas, water	Wraps, wowbutter, bananas, water
LUNCH	Ham & cheese sandwich, cucumber, apples, milk	3 sisters soup, cheese, crackers, apples, milk	Beef & cheese rigatoni, caesar salad, bananas, milk	Mediterranean tuna pasta veggie salad, cheese cubes, naan bread, milk	Mini chicken cheese pizza, cucumber, fruit salad, milk
P.M. SNACK	Oranges, arrowroot crackers, water	Ranch dip, carrots, crackers, cucumbers, water	Oatmeal bites, apple slices, water	Frozen fruit yogurt bark, water	Cheese cubes, assorted fruit, water
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Cereal mix, oranges, water	Hot oatmeal, berries, milk	Kale fruit smoothies, graham crackers	Cereal, bananas, 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, breadsticks, milk	Tuna rice or pasta, cheese, pea cass. naan bread, carrots, milk
P.M. SNACK	Raisin bread, oranges, water	Naan bread, hummus, cucumbers, water	Apples, pears, cheese & water	Oatmeal bites, bananas, water	Fruit muffins & assorted fruit, water
WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Yogurt, berries, water	Apple sauce, granola, water	Cereal, berries, milk	Apples, cheese, water
LUNCH	Chicken broccoli divan, rice, oranges, milk	Grilled cheese sandwiches, bean veggie pasta salad, milk	Sweet & sour pineapple pepper meatballs, rice, apples, milk	Italian wedding soup, cheese, crackers, cucumbers, milk	Toasted tuna and cheese on a bun, garden salad, milk
P.M. SNACK	Apples, or applesauce, breadsticks, water	Peppers, carrots, ranch dip, crackers, water	Frozen fruit yogurt granola bark, water	Fruit or vegi loaf/muffin, bananas, water	Assorted fruit, graham crackers, water