

Winter Menu (October-June)					
WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Applesauce, granola, water	Kale fruit yogurt smoothie & bananas	Oatmeal muffins, apples & water	Hard boiled eggs,crackers, oranges & water
LUNCH	Tuna cucumber & wowbutter & jam sandwiches, fruit salad, milk	Chicken, broccoli cheese alfredo,pasta, oranges & milk	Beef, cheese,celery spaghetti ,bread sticks, melon & milk	Bean,tomatoe,celery , corn, carrot chili, rice, cheese, bananas,milk	Chicken, potatoes carrots,celery stew, roll, apples & milk
P.M. SNACK	Crackers,cucumbers, peppers ranch dip, water	Hummus, naan bread,cucumber, water	Raisin bread, apple slices, water	Pears, cheese, crackers & water	Assorted fruit,cheese, water
WEEK #2	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Yogurt, berries & water	Apple sauce, granola, water	Oatmeal muffins, melon, water	Cereal, banana slices & milk
LUNCH	Chicken, white bean, celery carrots, pea, pasta soup, roll, oranges, milk	Tuna,cheese & cucumber & wowbutter & jam sandwiches,pears, apples, milk	Mexican rice, beef, corn, tomatoes, black beans, naan bread, pineapple & blueberries & milk	Bean, tomatoes,cheese, spinach,pasta bake, caesar salad,oranges & milk	Cheese quiche & pasta ,pepper, tomato, cucumber, feta salad, pear slices & milk
P.M. SNACK	Apples or apple sauce, raisin bread & water	Oranges, cereal mix water	Pears, apples, cheese & water	Hummus,crackers, carrots, peppers & water	Oatmeal bites, assorted fruit, water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal, milk	Yogurt, berries, water	Raisin bread, apple sauce & water	Fruit muffins, apples, water	Wraps, wowbutter, bananas, water
LUNCH	Wow butter & jam, tuna, cucumber & cheese sandwiches, apples & milk	3 sisters soup,corn squash,carrots ,potatoe,beans, crackers cheese, apples,milk	Chicken,tomatoes, zucchini, bean chili, cheese, naan bread & milk	Beef, tomatoes, potatoes, green beans ,corn soup, roll, oranges & milk	Mini chicken cheese pizza, cucumber, fruit salad, milk
P.M. SNACK	Oranges, arrowroot crackers, water	Crackers, raw veggies, ranch dip & water	Crackers, cheese, cucumber, water	Bananas, frozen fruit yogurt, water	Cheese cubes, assorted fruit, water
WEEK #4	MONDAY	TUESDAY		THURSDAY	FRIDAY
A.M. SNACK	Apples,cereal, milk	Cereal mix, bananas, water	Hot oatmeal, milk, apples	Kale fruit yogurt smoothies, bananas	Arrowroot crackers,oranges, milk
LUNCH	Beef & lentil sloppy joes, bun, feta greek salad, milk	White bean tomato,noodle, soup,cheese, crackers,apples, milk	Chicken, celery, pea fried rice, breadstick, fruit salad & milk	Bean, veggie, pasta salad, egg salad sandwiches,oranges & milk	Bun,tuna, cheese melts, cucumber, apples & milk
P.M. SNACK	Raisin bread, oranges, water	Naan bread, hummus, cucumbers, carrots, water	Apples, pears, cheese & water	Peppers, cucumbers, crackers, ranch dip, 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, bananas, milk	Apples, cheese, water
LUNCH	Chicken broccoli,cheese divan, rice, oranges, milk	Grilled cheese sandwiches,bean veggie pasta salad, apples, milk	Meatballs, rice with peas & carrots,oranges & milk	Wedding soup,carrots, spinach, chicken, pasta,roll apples&milk	Tuna,cheese, pea pasta, breadstick, fruit salad & milk
P.M. SNACK	Apples, or applesauce, breadsticks, water	Peppers, carrots, ranch dip, crackers, water	Bananas, frozen fruit yogurt, water	Raw veggies, hummus, crackers & water	Assorted fruit, arrowroot crackers, water