

Winter Menu (October–June): Week 1					
Food Choice	Monday	Tuesday	Wednesday	Thursday	Friday
SNACK AM					
Vegetables & Fruits	Apples	Berry, Banana, Kale Smoothies	Raspberries	Pineapple & Oranges	Applesauce or Apples
Whole Grains	Cereal	Arrowroot Biscuits	Homemade Oat Granola	Oatmeal Apple Muffins	Raisin Bread
Protein	Milk	Yogurt & Milk	Yogurt		
LUNCH					
Entrée	Tuna with Cheese and Nut-Free Soy Spread & Jam Sandwiches	Chicken, Broccoli & Cheese Alfredo	Vegetarian Chili with Cheese & Rice	Chickpea Feta Pasta Salad & Egg Salad Sandwiches	Chicken & Cooked Vegetables
Vegetables & Fruits	Assorted Fruit Cucumbers	Assorted Fruit Broccoli	Assorted Fruit , Zucchini, Corn & Tomatoes	Assorted Fruit Peppers & Cucumbers	Assorted Fruit Potatoes, Corn & Peas
Whole Grains	Whole-Wheat Wraps & Buns	Pasta Breadsticks	Rice	Whole-Wheat Buns Pasta	Whole-Wheat Buns
Iron-Rich Protein	Tuna with Cheese Nut-Free Soy Spread	Chicken Cheese	Black & Navy Beans Cheese	Feta Cheese, Egg & Chickpeas	Chicken
Milk	Milk	Milk	Milk	Milk	Milk
SNACK PM					
Vegetables & Fruits	Carrots & Zucchini With Ranch dressing	Melon & Grapes	Bananas & Apples	Assorted Peppers & Cucumbers	Bananas
Whole Grains	Whole-Wheat Crackers	Cereal Mix	Soy Spread & Strawberry Jam Whole-Wheat Wraps	Whole-Wheat Crackers	
Protein	Cheese		Nut-Free Soy Spread	Cheese	Frozen Berry Yogurt Bites
Water is always available to drink.					
Assorted fresh fruit, such as apples, pears, bananas or oranges, is offered. Selection may vary daily.					

Winter Menu (October–June): Week 2					
Food Choice	Monday	Tuesday	Wednesday	Thursday	Friday
SNACK AM					
Vegetables & Fruits	Apples	Blueberries or Strawberries	Berry, Banana & Kale Smoothies	Raspberries	Cucumbers
Whole Grains	Cereal	Homemade Oat Granola	Raisin Bread	Hot Oatmeal or Cheerios	Whole-Wheat Crackers
Protein	Milk	Yogurt	Milk & Yogurt	Milk	Egg & Cheese
LUNCH					
Entrée	Sloppy Joes & Greek Feta Salad	Tuna & Cheese Sandwiches & Veggie Alphabet Soup	Chicken Fried Rice	Beef, Bean Chili With Cheese & Whole-Wheat Buns	Ranch Chickpea Pasta Salad & Cheese Pizza
Vegetables & Fruits	Assorted Fruit Lettuce, Peppers, Cucumber & Tomatoes	Assorted Fruit Carrots, Peas, Corn, Potatoes & Celery	Assorted Fruit Peas, Carrots & Celery	Assorted Fruit Corn, Tomatoes & Peppers	Assorted Fruit Peppers & Cucumbers
Whole Grains	Whole-Wheat Buns	Whole-Wheat Bread & Pasta	Rice Breadsticks	Whole-Wheat Buns	Multigrain Thin Rounds Pasta
Iron-Rich Protein	Beef, Lentils & Feta Cheese	Tuna & Cheese	Chicken	Kidney & Black Beans Beef & Cheese	Cheese Chickpeas
Milk	Milk	Milk	Milk	Milk	Milk
SNACK PM					
Vegetables & Fruits	Pears Apples	Carrots Cucumbers	Apples or Applesauce	Assorted Peppers Cucumber	Oranges Pears
Whole Grains		Whole-Wheat Crackers	Oatmeal Banana Muffins	Whole-Wheat Crackers	Arrowroot Biscuits
Protein	Cheese	Cheese		Hummus	
Water is always available to drink.					
Assorted fresh fruit, such as apples, pears, bananas or oranges, is offered. Selection may vary daily.					

Winter Menu (October–June): Week 3					
Food Choice	Monday	Tuesday	Wednesday	Thursday	Friday
SNACK AM					
Vegetables & Fruits	Apples	Applesauce	Bananas	Mangoes or Peaches	Oranges
Whole Grains	Cereal	Arrowroot Biscuits	Blueberry Oatmeal Muffins or Squares	Homemade Oat Granola	Whole-Wheat Crackers
Protein	Milk	Yogurt	Milk	Yogurt	Cheese
LUNCH					
Entrée	Beef Meatballs with Peppers & Rice	Chicken, Bean & Vegetable Soup	Beef, Vegetable & Cheese Spaghetti	Eggs, Cheese & English Muffins	Tuna & Cheese Melts & Caesar Salad
Vegetables & Fruits	Assorted Fruit Assorted Peppers	Assorted Fruit Celery & Carrots	Assorted Fruit Peppers, Tomatoes & Spinach	Assorted Fruit Cucumbers	Assorted Fruit Romaine Lettuce
Whole Grains	Rice	Whole-Wheat Buns Pasta	Pasta	Whole-Wheat English Muffins	Multigrain Thin Rounds
Iron-Rich Protein	Beef	Chicken Navy Beans	Beef, Cheddar & Cottage Cheese	Eggs Cheese	Tuna Cheese
Milk	Milk	Milk	Milk	Milk	Milk
SNACK PM					
Vegetables & Fruits	Oranges	Cucumbers Assorted Peppers	Apples	Snap Peas Cucumbers	Bananas Pears
Whole Grains	Raisin Bread	Multigrain Thin Rounds	Whole-Wheat Wraps	Whole-Wheat Crackers	Apple Oatmeal Balls or Squares
Protein		Hummus	Nut-Free Soy Spread	Cheese	Nut-Free Soy Spread
Water is always available to drink.					
Assorted fresh fruit, such as apples, pears, bananas or oranges, is offered. Selection may vary daily.					

Winter Menu (October–June): Week 4					
Food Choice	Monday	Tuesday	Wednesday	Thursday	Friday
SNACK AM					
Vegetables & Fruits	Apples	Bananas	Blueberries Raspberries	Applesauce or Apples	Pineapple, Grapes & Melon
Whole Grains	Cereal	Whole-Wheat Bagels	Arrowroot Biscuits	Raisin Bread	Oatmeal Muffins
Protein	Milk	Nut-Free Soy Spread Milk	Yogurt		
LUNCH					
Entrée	Chicken, Broccoli & Cheese Divan with Rice	Tomato Bean Macaroni Soup & Grilled Cheese Sandwiches	Cheesy Beef Rigatoni & Green Beans	Chicken Stew & Buns	Tuna Macaroni & Cheese with Peas
Vegetables & Fruits	Assorted Fruit Broccoli	Assorted Fruit Tomatoes	Assorted Fruit Tomatoes, Zucchini & Green Beans	Assorted Fruit Potatoes, Carrots, Celery & Peas	Assorted Fruit Peas
Whole Grains	Rice	Whole-Wheat Bread & Pasta	Pasta Breadsticks	Whole-Wheat Buns	Pasta
Iron-Rich Protein	Chicken	Navy Beans Cheese	Beef Cheese	Chicken	Tuna Cheese
Milk	Milk	Milk	Milk	Milk	Milk
SNACK PM					
Vegetables & Fruits	Zucchini & Cucumber with Ranch Dressing	Pears Apples	Bananas	Assorted Peppers Cucumbers	Bananas Apples
Whole Grains	Whole-Wheat Crackers		Raisin & Flax Seed Bars	Whole-Wheat Crackers	Bagels or Wraps
Protein	Cheese	Cheese	Nut-Free Soy Spread	Hummus	Nut-Free Soy Spread
Water is always available to drink.					
Assorted fresh fruit, such as apples, pears, bananas or oranges, is offered. Selection may vary daily.					