

Fall/Winter 2016	Week 1	Week 2	Week 3	Week 4
	Breakfast			
Monday	PB & Choc. Chip Oatmeal, Pears, Milk	Oatmeal w/ Craisins Peaches, Milk	Oatmeal, Bananas Milk	Blueberry Oatmeal Strawberries, & Milk
Tuesday	Quinoa & Egg Muffins Peaches & Milk	Hard Boiled Eggs, WW PB Toast, Bananas & Milk	WW French Toast, Pears, Milk	Ham & Spinach Mini Quiche, Pears, Milk
Wednesday	Scrambled Eggs w/ sausage & Cheese, Pears, WW Toast & Milk	Hash brown Bacon & Egg Bake, Biscuits, Mixed Fruit & Milk	Breakfast Potatoes w/ Eggs & Turkey Bacon Crescent Rolls, Milk	Strawberry Smoothie Bran Muffins, Milk
Thursday	WW Pancakes, Applesauce, Milk	Cinnamon French Toast Bake, Strawberries, Milk	EGG & Spinach Muffins Peaches, & Milk	Blueberry Yogurt Parfaits, WW Toast & Milk
Friday	Cereal w/ Milk Bananas	Cereal w/ Milk Pears	Cereal w/Milk Mixed Fruit	Cereal w/Milk Peaches
	Lunch			
Monday	Unstuffed Green Peppers w/ ground turkey & rice, carrots, mixed fruit & Milk	Chicken Alfredo Pears Peas Milk	Chicken & Rice Stir Fry Mixed Vegetables Mandarin Oranges Milk	Kielbasa Stew w/ ww bread Mixed Fruit, Green Beans & Milk
Tuesday	Chicken & Stuffing Casserole, Green Beans Applesauce Milk	Pot Roast w/ Potatoes & Carrots, WW Rolls, Apple Sauce Milk	T. Bacon Wrapped Chix Breast w/ Cheesy Garlic Biscuits, Twice Baked Potatoes, Bananas & Milk	Chili Mac & Cheese Mixed Vegetables Pears Milk
Wednesday	Cheesy Ham & Potato Soup, Breadsticks, Mixed Fruit, Peas & Carrots, Milk	Chicken Noodle Soup Green Beans Peaches Milk	Turkey Chili, Corn Bread Mixed Vegetables Pears, Milk	Grilled Cheese Sandwiches, Tomato Soup, Applesauce & Milk
Thursday	Mexican Lasagna Corn Peaches Milk	Taco Pasta w/ Ground Turkey, Pinto Beans & Cheese, Corn, Mandarin Oranges & Milk	Taco Salad w/ Mexican Rice, Lettuce, Apples & Milk	Mexican Pizza w/ Ground Turkey & Beans Peaches Milk
Friday	Chicken Gyros Cucumber Slices Oranges & Milk	Hot Turkey & Cheese Sandwiches on Hawaiian Rolls, Mixed Fruit, Lettuce & Milk	Chicken Tender Wraps, Applesauce, Broccoli & Milk	Garden Salad w/ Veggies & Turkey Mandarin Oranges, breadsticks & Milk
	Snack			
Monday	Carrot Sticks w/ Cheese Cubes, & Milk	Breadsticks w/ Cheese, Marinara, & Milk	Cucumber Slices, String Cheese & Water	Goldfish Crackers Milk
Tuesday	Buffalo Chicken Dip Soft Pretzels, Milk	Turkey & Cream Cheese Pinwheels & Milk	Vanilla Wafers w/ Pumpkin Dip & water	Apple Slices w/ Caramel Dip, Milk
Wednesday	Creamy Dill Dip Pita Chips & Milk	Pumpkin Pie Roll Ups Milk	Sausage, Cheese & Crackers, water	Corn Chips & Salsa Milk
Thursday	Vanilla yogurt w/ berries, Water	HM Blueberry Muffins Milk	Apple Slices w/ Peanut Butter , Milk	Apple Crisp Milk
Friday	Banana Oatmeal Cookies & Milk	Trail Mix Milk	Granola Bars Milk	Ranch Rice Cakes Milk

WW = Whole Wheat

HM= Home Made

*Ages 1-2 receive whole milk, ages 2 and up receive 1%

*Lettuce, & Apple Slices substituted for in ages 1-2

*Cereals include: Cheerios, Frosted Flakes, Raisin Bran, Frosted Oats