

Fall Winter 2017	Week 1	Week 2	Week 3	Week 4
Breakfast				
Monday	Cereal w/milk (WG) Mixed Fruit Water	PB Banana Oatmeal Pears Milk	Cereal w/Milk (WG) Blueberries Water	Pumpkin Pie Oatmeal Peaches Milk
Tuesday	Turkey & Egg Casserole w/Spinach Bananas Milk	Sweet Potato, Apple Hash Ham, (WW) Toast Milk	Pumpkin French Toast (WW) Apples Milk	Cheesy Sausage + Egg Breakfast Sliders, Bananas Milk
Wednesday	WG Apple Pancakes Pears Milk	Spinach, Bacon, + Cheese Quiche, Applesauce Milk	Apple Cinnamon Oatmeal Bread, Mixed Fruit Milk	PB French Toast (WG), Strawberries Milk
Thursday	Breakfast Enchiladas, WG Tortilla, Applesauce Milk	Strawberry Yogurt Parfait Milk	Breakfast Pizza W/Sausage Oranges Milk	WG French Toast Sticks Apricots Milk
Friday	Cereal w/milk Pears Water	Cereal w/milk Mixed Fruit Water	Cereal w/milk (WG) Peaches Water	Cereal w/milk Applesauce Water
Lunch				
Monday	Spinach + Cheese Ravioli w/Pesto Marinara, Chicken Breast, Green Beans, Pears Milk	Turkey Shepard's Pie WW Rolls Apricots Milk	Ground Turkey Stroganoff Peas, Peaches Milk	Bacon, Avocado, Turkey, Cheese Panini, Salad Apples Milk
Tuesday	Fish Tacos, Lime Cilantro Slaw, WG Tortilla Mixed Vegetables, Oranges Milk	Chicken Tortilla Soup Corn Peaches Milk	Smothered Chicken, Roasted Potatoes + Carrots Mandarin Oranges, WW Rolls Milk	Creamy Chicken Wild Rice Soup, Green Beans Pears Milk
Wednesday	White Chicken Chili Peas + Carrots, Peaches WW Rolls Milk	Beef Roast, Potatoes + Carrots, WW Rolls Pears Milk	Lasagna Soup w/Ground Turkey, WW Noodles Mixed Vegetables Applesauce Milk	Chicken + Veggie Flat Bread Pizzas Corn, Peaches Milk
Thursday	Black Bean Burgers, WG Bun, Sweet Potato Tots, Applesauce Milk	Zucchini Alfredo w/Chicken, Bread Sticks, Applesauce Milk	Chicken Pot Pie Corn, Pears Milk	Scalloped Potatoes w/Ham, WW Rolls, Mixed Fruit Milk
Friday	Turkey BLT, WW Bread Carrots, Strawberries Milk	Grilled Pizza Pita Pocket (WG) Green Beans, Apples Milk	Turkey Sloppy Joes, WG Bun Baked Sweet Potato Chips Oranges Milk	Egg Salad Sandwiches Cucumbers Mandarin Oranges Milk
Snack				
Monday	Cottage Cheese w/ Peaches, Water	String Cheese, WW Crackers, Water	WG Pizza Dippers w/Marinara, Milk	Rice Cakes, Milk
Tuesday	Cinnamon Graham Crackers, Milk	Pumpkin Dip, Graham Crackers, Milk	Baked Parmesan Zucchini Fries, Ranch, Milk	Cauliflower Wings w/Ranch Dip, Milk
Wednesday	WG Spinach + Cheese Muffins, Milk	Cucumber w/Ranch, WG Crackers, Water	Buffalo Chicken Dip, Soft Pretzel, Milk	Turkey + Cheese Croissant Rolls, Cucumber, Water
Thursday	Broccoli Tater Tots w/Cheese, Milk	PB Dip w/Apples, WG Crackers, Water	Cheese Quesadilla w/Salsa, WG Tortilla, Milk	Cheese Cubes, WG Crackers, Water
Friday	Yogurt w/Mixed Berries, WW Crackers, Water	WG Bagel, Bagel Dip, Milk	Cheese Slice, Apples, Water	Fruit Salsa w/WG Cinnamon Chips, Water

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

*Raw vegetables substituted for ages 1-2

*Cereals include: Cheerios, Crispix, Kix

*All pasta is Whole Grain