

Fall/Winter 21/22	Week 1	Week 2	Week 3	Week 4
	Breakfast+			
Mon	French Toast, Sausage Patties, Applesauce & Milk	Toast w/ Jelly, Turkey Bacon, Peaches, Milk	Apple Cinnamon Oatmeal Peaches, Milk	Waffles & Scrambled Eggs, Apple Slices, Milk
Tue	Spinach Breakfast Pizza, Pears & Milk	Egg & Hashbrown Casserole, Toast, Blueberries & Milk	Bacon Egg & Cheese Strata, Applesauce & Milk	Pumpkin Bread, Vanilla Greek Yogurt & Milk
Wed	Cheesy Potatoes & Sausage Links, Strawberry Slices, Milk	Banana Smoothie, Bagel w/ cream cheese & Milk	Corned Beef Hash, Toast, Apricots & Milk	Biscuits & Gravy Casserole, Banana Slices, Milk
Thurs	Zucchini Bread, Vanilla Greek Yogurt, Banana Slices & Water	Egg, Ham & Cheese Sliders, Peaches, Milk	Cinnamon Rolls, Strawberry Slices & Milk	Sweet Potato Breakfast Casserole, Toast & Milk
Fri	Cereal w/ Milk Pineapple	Cereal w/ Milk Applesauce	Cereal w/ Milk Bananas	Cereal w/ Milk Blueberries
	Lunch			
Mon	Orange Chicken w/ Rice, Mixed Vegetables, Peaches & Milk	Beef Pot Roast w/ Potatoes & Carrots, WG Rolls, Mandarin Oranges & Milk	Baked Chicken Breast w/ Roasted Winter Veggies, Buttered Bread, Cranberry Sauce, Milk	Shepard's Pie Buttered Bread Diced Carrots, Pineapple Tidbits, Milk
Tue	Baked Beef Chimichangas, Roasted Sweet Potato, Apples & Milk	Chicken Feta Pasta, Green Beans, Pineapple Tidbits Milk	Pork Tamale Casserole, Corn, Pineapple Tidbits & Milk	Chicken & Dumpling Soup, Breadsticks, Sliced Strawberries, Sugar Snap Peas, Milk
Wed	White Cheese Chicken Lasagna, Broccoli, Mandarin Oranges & Milk	Cheesy Baked Potato Soup w/ Turkey Bacon, Breadsticks, Broccoli, Pears & Milk	Buffalo Chicken Mac n' Cheese, Yellow Wax Beans, Orange Slices, Milk	Beef Ravioli w/ Pesto Marinara, Green Beans, Pears, & Milk
Thurs	Chili, Corn Bread, Yellow Wax Beans, Apricots & Milk	BBQ Chicken French Bread Pizza, Spring Mix Salad, Apricots, Milk	Cowboy Stew w/ Ground Beef WG Rolls, Peas, Pears Milk	Loaded Cheesy Tater Tot Casserole, WG Rolls, Broccoli, Peaches, Milk
Fri	Grilled Ham & Cheese Tomato Soup, Blueberries Milk	Turkey Sloppy Joes, Tater Tots, Bananas & Milk	Chicken Caesar Salad Wraps, Mixed Veggies, Applesauce & Milk	Chicken Parmesan Sub, Spring Mix Salad, Mandarin Oranges, Milk
	SNACK			
Mon	Cherry Tomatoes, Cheese Slices & Water	Cheese-Stuffed Breadsticks w/ Marinara & Water	Veggie Straws, Apple Slices Water	Animal Crackers Grapes, Water
Tue	Granola Bars Watermelon Slices	Cheerios & Strawberry Slices Water	Sliced Mango & Wheat Thins Water	Zucchini Chips w/ Marinara Water
Wed	Peach Frozen Yogurt & Graham Crackers, Water	Pumpkin Dip w/ Graham Crackers & Water	Banana Oat Muffins, Water	Hummus & Veggie Roll Ups, Water
Thurs	Cinnamon Sugar Pretzels w/ Cream Cheese Dip & Water	Apple Slices, Cream Cheese Dip, Water	Ham & Cheese Pita Pockets & Water	Apple Chips w/yogurt Dip, Water
Fri	Baked Cheddar Puffs, Cucumber Slices, Water	String Cheese, Saltine Crackers, Water	Rice Cakes, Blueberries, Water	Cheese Cubes & Dill Pickles, Water

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

Foods that are difficult to chew may be substituted for in ages 1-2

*Cereals include: Cheerios, Raisin Bran, Rice Krispies, Chex, Frosted Mini Wheats, Kix,