

Fall/Winter 2023	Week 1	Week 2	Week 3	Week 4
	Breakfast			
Monday	Bacon Scrambler, English Muffin, Peaches, Milk	Egg Bite Cups, Crescent Rolls, Mandarin Oranges, Milk	Cheesy Scrambled Eggs, Toast, Pears, Milk	Scrambled eggs w/ Avocado sauce on Tortillas, Pineapple Tibits, Milk
Tuesday	Whole Grain Cereal, Fresh Orange Slices, Milk	Whole Grain Cereal, Pineapple Tibits, Milk	Whole Grain Cereal, Mixed Fruit, Milk	Whole Grain Cereal, Applesauce, Milk
Wednesday	Berry Vanilla Overnight Oats, Pears, Milk	Spiced Apple Oatmeal, Cantaloupe, Milk	Brown Sugar & Cinnamon Oatmeal, Blueberries, Milk	Strawberry Vanilla Overnight Oats, Blueberries, Milk
Thursday	Chocolate Chip Pancakes, Sausage Links, Banana Slices, Milk	Banana Muffins, Hard Boiled Egg, Pears, Milk	French Toast Sticks, Turkey Bacon, Sliced Bananas & Milk	Pumpkin Bread, Vanilla Yogurt, Pears, Milk
Friday	Whole Grain Cereal, Mixed Fruit, Milk	Whole Grain Cereal, Apple Slices, Milk	Whole Grain Cereal, Peaches, Milk	Whole Grain Cereal, Orange Slices, Milk
	Lunch			
Monday	Ham & Cheese Sliders, Tomato Soup, Apple Slices, Milk	HM Turkey & Cheese Lunchable, Cucumbers, Banana Slices, Milk	Avocado Egg Pita Pockets, Orange Slices, Wax Beans, Milk	Turkey & Cheese Wrap w/Avocado Slices, Cucumbers, Citrus Mixed Fruit, Milk
Tuesday	Beef Tacos, Corn, Blueberries, Milk	Ham Stir Fry w/Rice, Mixed Veggies, Peaches, Milk	Beef Burritos, Mixed Melon, Peas, Milk	Teriyaki Chicken Lo Mein, Broccoli, Honey Dew, Milk
Wednesday	Stuffed Pepper and Rice Casserole, Cantaloupe, Peas, Milk	Tater Tot Casserole, Rolls, Broccoli, Honey Dew, Milk	Lasagna Soup, Ritz Crackers Green Beans, Mixed Fruit, Milk	Chicken Noodle Soup, Saltine Crackers, Peas, Banana Slices, Milk
Thursday	Goulash, Packer Beans, Mixed Melon, Milk	Chicken Nuggets, Sweet Potato Crinkle Fries, Blueberries, Milk	Pepperoni English Muffin Pizzas, Cauliflower, Pineapple Tibits, Milk	Chicken & Gravy, Mashed Potatoes, Bun, Applesauce, Milk
Friday	Cheesy Chicken Broccoli Rice Bake, Canned Carrots, Pineapple Tibits, Milk	Cheese Ravioli w/Marinara Sauce, Garlic Bread, Wax Beans, Citrus Mixed Fruit, Milk	Chicken Pot Pie, Biscuits Mixed Veggies, Applesauce, Milk	Spaghetti, Bread Sticks, Cantaloupe, Corn, Milk
	Snack			
Monday	Caramel Rice Cakes, Apple Juice	Veggie Straws, Apple Juice	Sun Chips, Apple Juice	Trail Mix, Grape Juice
Tuesday	String Cheese, Wheat Thins, Water	Strawberry Yogurt, Graham Crackers, Water	Cottage Cheese, Blueberries, Water	Granola Bars, Melon, Water
Wednesday	Sunrise Smoothies, Animal Crackers, Water	WG Tortilla Chips, Cheese, Water	Berry Bonanza Cooler, Nilla Wafers, Water	Vanilla Yogurt, Peaches, Water
Thursday	Fruit Salsa, Cinnamon Graham Crackers, Water	Goldfish Crackers & Raisins	Banana Rings, Cinnamon Graham Crackers, Water	Tomato Basil Harvest Snaps, String Cheese, Water
Friday	Pumpkin Bread, Milk	Strawberry Muffins, Milk	Chocolate Chip Banana Bread, Milk	Blueberry Muffins, Milk

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

*Lettuce, Apples and raw, hard vegetables are substituted for child under 2

*Cereals include: Kix, Cheerios, Apple Jacks, Frosted Flakes, Shredded Wheat, & Rice Krispies